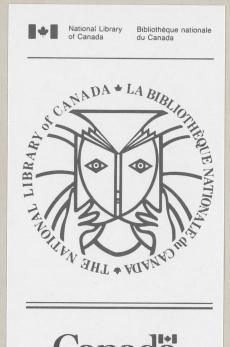
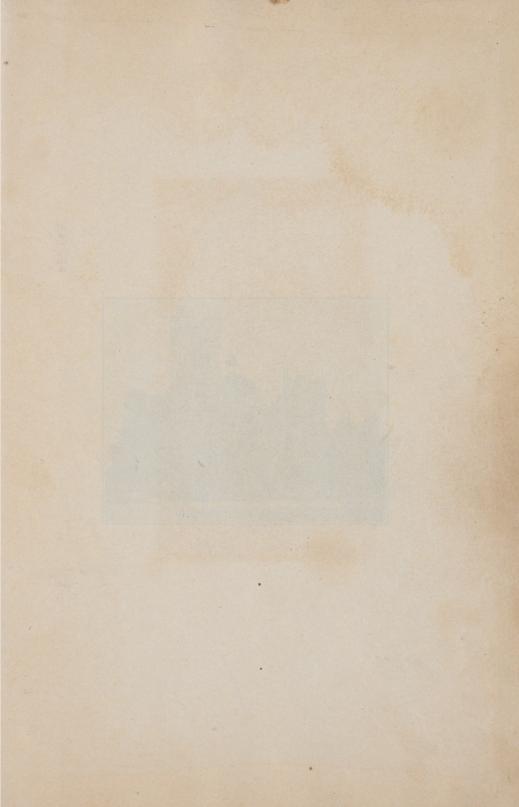
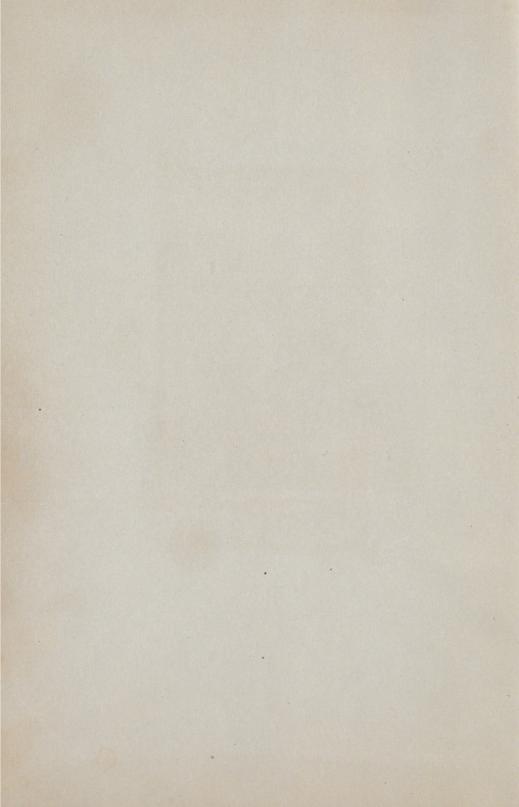
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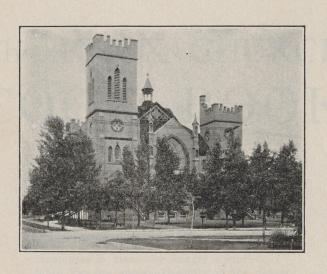
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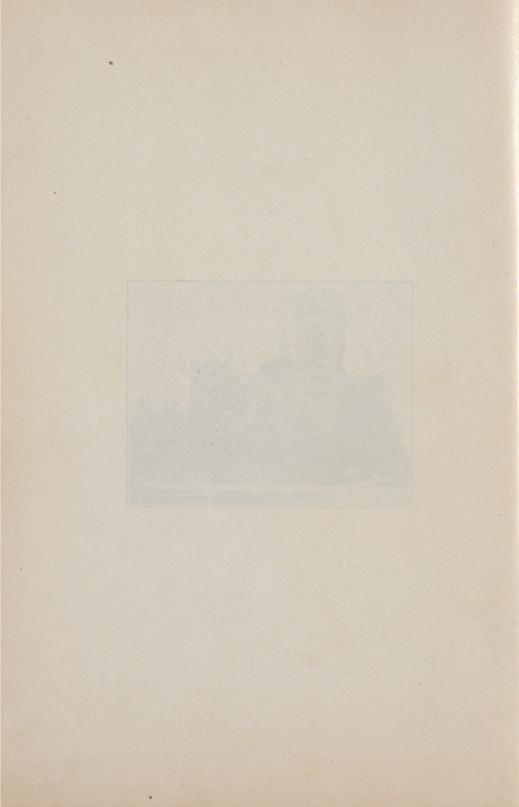


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The KNOX CHURCH COOK BOOK

Happiness in man—the hungry sinner— Since Eve ate apples—depends on the dinner.

REGINA, 1925

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The KNOX CHURCH COOK BOOK

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RUGS

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We may live without conscience, and live without heart;
We may live without friends; we may live without books
But civilized man cannot live without cooks.
He may live without books—what is knowledge but grieving?
He may live without hope—what is hope but deceiving?
He may live without love—what is passion but pining?
But where is the man who can live without dining?

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SOUPS

Soup preceding sumptuous meal, Preparing well the way For happiness and joyous weal, To brighten every day.

TOMATO SOUP

Mrs. Goodwin.

1 qt. brown stock; 1 can tomatoes; 1 small onion; 7 cloves; salt and pepper. Add tomatoes to stock; stick cloves in onion; season with salt and pepper and cook 1 hour.

CREAM OF TOMATO SOUP.

Mrs. L. A. Robertson.

1 can tomatoes; 1 qt. milk; 1 small tbs. sugar; 1 slice onion; ½ tsp. soda; 4 tbs flour; ½ cup butter; 1 tbs. salt; ½ tsp. pepper. Scald milk with onion; remove onion and thicken with flour mixed with cold water until smooth enough to pour. Cook 20 minutes stirring constantly at first. Cook tomatoes and sugar 15 minutes; add soda and rub through a strainer. Combine mixtures and strain into a heated dish over butter, salt and pepper.

MEATLESS TOMATO SOUP.

Mrs. K. Ross.

1 can tomatoes boiled until soft. Strain and add ½ tsp. soda. Allow to effervesce; add 1 qt. boiling milk, ½ cup cooked rice, salt, pepper and sugar to taste. Serve hot with crisp soda biscuits.

TOMATO RICE SOUP.

Mrs. L. S. Harker.

1 can tomatoes, 1 small onion minced; 1 small clove garlic; $1\frac{1}{2}$ tsp. salt; one tsp. sugar; 2 cups of boiling water; pinch of soda; 2 tbs. butter; 2 tsp. flour; 2-3 cup cooked rice. Cook first 6 ingredients in boiling water until onion is soft. Remove garlic, rub balance of mixture through a sieve; add soda, melt butter in a pan, add flour and cook until slightly brown. Add the soup mixture, then the rice and heat to boiling point and serve with rye bread or soda biscuits.

POTATO SOUP.

Mrs. Lockerbie.

3 potatoes; 4 cups milk; 1 onion; 1 tbs. flour; 2 stalks celery; 1 tsp. salt; ¼ tsp. pepper; 2 tbs. butter. Cook potatoes in salted water with onion. Put through sieve. Scald milk with celery, remove celery, add butter and flour creamed together. Then add the prepared potatoes to the milk and season with salt and peper. Let come to a boil and serve at once.

POTATO SOUP.

Mrs. R. Fuller.

8 potatoes; 1 large onion; 1 large carrot; peel and boil until soft enough to mash fine and add 1 qt. of sweet milk. Pass the whole through a sieve or colander, then add enough sweet milk to make of proper consistency to serve; butter the size of an egg, pepper and salt to taste. Boil 15 minutes. When possible add a few sprigs of parsley. It improves the flavor and appearance.



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CREAM OF LIMA BEAN SOUP.

Mrs. C. J. Turnbull.

1 cup Lima beans; 3 pts. cold water; 2 whole cloves; 1 bay leaf; 1 cup of cream or milk; 4 tbs. butter; 2 tbs. flour; 1 tsp. salt; 1-3 tsp. pepper. Soak beans over night, drain and add cold water and spices. Cook until soft, then rub through sieve.

CREAM OF CELERY SOUP.

Mrs. J. Elliott.

3 cups celery; 1 pt. boiling water; 1 sliced onion; 2 tbs. rice cooked in 3 cups of milk; $\frac{1}{4}$ cup flour mixed with $\frac{1}{4}$ cup water. Seasoning.

CREAM OF CELERY SOUP.

Mrs. C. J. Turnbull.

Add to beef broth a little flour mixed with cold water, a large bunch of celery cut in small pieces; cook in broth until tender. Add pepper and salt to taste and 1 cup of cream.

CREAM OF CHICKEN SOUP.

E. M. L.

Clean a good sized fowl and separate at the joints. Put on to boil with two qts. of water and a small tbs. of salt. Let boil until wing is tender or can be easily broken with a fork. Then take 2 tbs. of flour, 2 cups of sweet milk and 1 or 2 eggs and beat together until the flour is well blended. Pour this over chicken and let boil three minutes; set off fire and add a piece of butter and pepper to taste.

WHITE SOUP.

Mrs. Austin Bothwell.

Yolks of 2 eggs; 1 qt. of milk; one cup of cream; 1 cup chicken or veal stock; 1 dsp. cornstarch and a small piece of butter.

SPLIT PEA SOUP.

Mrs. Lockerbie.

1 cup dried split peas; soaked over night; three pounds pork shank. Boil together until peas are well cooked. Add 2 tsp. salt; ½ tsp. pepper; 1 small onion chopped fine. Just before serving add 2 tbs. flour moistened with cold water.

NYMPH AURORA SOUP.

Mrs. H. C. M. Brown.

1 qt. chicken stock; 2 slices onion; 2 slices carrot; bit of bay leaf; sprig of marjoram; blade of mace; 1½ tsp. peppercorns; 2 tbs. cornstarch; leaf green; ½ tsp. salt, ½ tsp. pepper; 2 tbs. lemon juice; 1 pt. shrimps; ½ cup heavy cream. Cook chicken stock with seasonings and cornstarch 12 minutes. Strain, color with leaf green and season with salt, pepper and lemon juice; then add the shrimps cut in pieces. Re-heat, add cream beaten stiff and serve at once.

LENTIL SOUP.

Mrs. H. J. Crowe.

½ cup lentils; 1 carrot; 1 slice turnip; 1 onion; 1 tbs. pearl barley; a little celery, celery salt, or celery seeds; ½ tsp. salt; ¼ tsp. pepper; a little fresh or dried parsley; 1 qt. warm water; one pt. milk. Melt some dripping in a pan. Clean, peel and chop the vegetables; fry them for a little while; then add the water; lentils and barley and seasonings. Cook until tender, then pass them all through a sieve; add the milk and re-heat before serving.

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VEGETABLE SOUP.

Mrs. Lockerbie.

3 lbs. beef or veal shank; 3 qts. cold water; ¼ cup pearl barley; ¼ cup white beans. Bring to boiling point. Remove scum after it rises. Cook slowly for about two hours. Add (after putting through chopper) two medium carrots; 1 parsnip; 1 cup cabbage; ¼ turnip; 1 large onion; 2 tsp. salt; 1 tsp. pepper. Cook for ¾ of an hour; add 1 tbs. Bisto dissolved in cold water five minutes before serving.

OX TAIL SOUP.

Mrs. Murdoch MacKinnon.

Take 1 ox tail; one whole onion; one carrot; ½ a turnip; 1 tbs. of flour and pinch of white pepper. Add 2 qts. of water and let all boil for two hours. Then take out the tail and cut the meat in small pieces; return the bones to the pot for a short time; then strain the soup and rinse a spoonful of arrowroot to add to it with the meat cut from the bones; let all boil for 15 minutes.

PEANUT BUTTER SOUP.

Mrs. C. B. Burnyeat.

4 tbs. peanut butter; 4 cups milk; ½ tsp. salt. Heat milk and use several tsp. to thin the peanut butter. When the peanut butter is reduced to a thin paste stir in the milk; season with salt and a few grains of pepper and bring to boiling point, but do not boil. Serve very hot with crackers or croutons.

CREAM OF RICE SOUP.

Mrs. A. A. McNab.

½ cup rice; 1 qt. white stock; 1 qt. cream or milk; 1 tbs. butter; ½ a small onion; 1 stalk of celery; 1 bay leaf; salt and pepper to taste. Wash the rice carefully; add it to the cold stock with the bay leaf, onion and celery. Simmer slowly two hours; press it through a sieve; return it to the soup kettle, add butter, cream or milk, salt and pepper and stir constantly until it comes to a boil.

HALIBUT SOUP.

Mrs. J. W. Wright.

Put 2 lbs. of fresh halibut in a soup kettle with a bunch of parsley and one sliced onion. Cover with boiling water and let simmer for 20 minutes. Take the fish up, pick it free of bone and skin and mash fine. Put 3 pts. of milk in a double boiler, rub a little butter and 4 tbs. of flour together and add to the scalded milk and stir until thick. Put in the fish with salt and pepper, beat and serve hot.



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FISH

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That is easy and will not take more than a minute.
Let is lie in a dish:
That is easy, because it already is in it."

Lewis Carroll.

FILLING FOR OYSTER PATTIES

Mrs. Edgar Ruggles.

1 pt. oysters; 3 tbs. butter; 1 heaping tbs. flour; 1 tsp. lemon juice; salt and pepper to taste; pinch of cayenne. Strain oysters; add sufficient water to the liquor to make one pt. Work butter and flour to a smooth paste. Let water and oyster juice come to a boil; skim and pour in flour paste. Let come to a boil and add oysters and seasoning. Boil up once and fill tarts. If richer filling is desired use ½ cup cream instead of ½ cup of the water added to the oyster juice.

FISH CROQUETTES.

Mrs. James Elliott.

1 cup cold boiled fish; $\frac{1}{2}$ cup boiled rice; salt and pepper to taste; mix all well together. Make croquettes, dip in egg and roll in bread crumbs and fry until brown. Garnish with parsley and slices of hard boiled egg.

TURBIN OF FISH.

Mrs. L. S. Harker.

Scald fish with $1\frac{1}{2}$ cups of milk; once slice of onion and a sprig of parsley; melt a $\frac{1}{4}$ cup of butter in a saucepan, add $\frac{1}{4}$ cup of flour, salt and pepper to taste. Remove onion and parsley from boiling milk, add milk to butter and flour, stirring constantly. Add minced parsley and yolks of 2 eggs beaten slightly. Butter an earthen baking dish; put in a layer of fish, season with salt, pepper and a few drops of lemon juice. Cover with a layer of the sauce. Repeat until both fish and sauce are used having sauce the last layer. It will take $2\frac{1}{2}$ cups of cold fish. Cover with buttered crumbs and bake until brown.

SHRIMP WIGGLE.

Mrs. R. Fuller.

Make a white sauce of 1 tsp. of butter, 1 tbs. of flour and $\frac{1}{2}$ pt. of milk. When thick add $\frac{1}{2}$ can of shrimps and $\frac{1}{2}$ can small green peas. Serve hot with crisp soda biscuits.

SALMON CAKES.

Mrs. Lockerbie.

1 small tin salmon; 2 eggs; salt and pepper to taste. Beat well together and drop from spoon into hot butter or dripping and brown on both sides.

SARDINE EGGS.

Miss Ethel McLachlan.

Boil as many eggs as you require, hard; cut eggs in half; remove yolks; scrape and bone sardines (two fair sized ones to each yolk); pound yolks and sardines together; add salt and a little cayenne pepper. Cut off bottom of eggs that they may stand; chop these pieces and use to decorate the mixture. Serve with water cress and lettuce.

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JELLIED SALMON.

Mrs. Edgar Ruggles.

Soak a level tbs. of granulated gelatine in a 1/4 cup of cold water, then dissolve by warming. Mix with one cup of mayonnaise dressing; 1 can of salmon minced fine; 1 cup chopped celery, pack in moulds and chill. Serve on lettuce leaves with dressing.

BAKED WHITE FISH.

Mrs. L. A. Robertson.

Thoroughly clean the fish; cut off the head and cut out the back bone from the head to within 2 inches from the tail. Stuff with the following dressing: 1 cup bread or cracker crumbs; 3/4 tsp. salt; 1/4 cup melted butter; 1/8 tsp. pepper; 1/4 cup hot water; some onion juice. Stuff rather full, sew up, wrap with several coils of white tape. Rub the fish over slightly with melted butter, dredge with flour, cover the bottom of the baking pan with hot water. Bake one hour. Serve with sauce.

FISH CHOWDER, COD OR HALIBUT Mrs. M. MacKinnon.

Cut some slices of pork very thin and fry them out dry in a deep pot; then put in a layer of fish cut in slices on the pork; then a layer of onions and then potatoes, all cut in exceedingly thin slices; then fish, onions, potatoes again till all your materials are in, putting some salt and pepper on each layer of onions. Split some hard biscuits, dip them in water, and put them round the sides and over the top; put in enough water to come up in sight. Stew for over $\frac{1}{2}$ an hour till the potatoes are done; add $\frac{1}{2}$ a pt. of milk or a cup of sweet cream 5 minutes before taking up.

FISH CHOWDER.

Mrs. Avery Casey.

Place canned or fresh salmon in casserole; then alternate layers of cooked or raw potatoes and onion, seasoning each layer. Almost cover with milk; sprinkle top with buttered bread crumbs and place in oven. Bake about 30 minutes.

BROILED FISH.

Mrs. C. B. Burnyeat.

Clean and wipe the fish; remove the head and tail; backbone may also be removed. Fish may be split down the back before broiling. very large fish are cut into slices for steaks. Rub butter over dry fish before broiling. Oily fish require only salt and pepper. Grease the wire broiler, lay in the fish and cook over a clear fire, cooking the flesh side first. Turn it and cook the skin till crisp. Sliced fish should be turned often while broiling. Slip on to a hot platter, season, garnish and serve.

LOBSTER STEW.

Miss L. McLachlan.

1 can lobsters, chopped, or equal amount of fresh ones; add the following: ½ pt. cold water; 1 scant ½ pt. vinegar; 1 egg; butter size of a walnut; salt and pepper to taste. Let all come to a boil, add egg and remove from stove.

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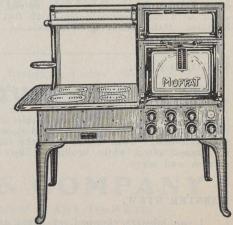
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LOBSTER CROQUETTES. Miss L. McLachlan.

1 pt. lobster meat cut fine; 1 salt spoon salt; one salt spoon mustard; 1 pinch cayenne. Moisten with 1 cup thick cream sauce. Shape into balls, roll in crumbs then in beaten egg, then in crumbs again and fry in smoking hot fat.

CODFISH AND CHEESE.

Mrs. Edgar Ruggles.

Freshen 1 lb. of codfish; cook slowly until it comes to a boil. Let cool and pick into flakes and season with peper. Scald 1 cup of milk; stir into it a tsp. of butter rolled in 2 tsp. of flour; add 1 egg. Mix with fish and put into a baking dish. Cover the top thickly with cheese. Bake in a quick oven a delicate brown.

OYSTER PIE.

Miss L. McLachlan

Line a pie plate with paste; fill with 2 doz. oysters; a little pepper and salt. Grate on a little nutmeg. Stir in butter the size of an egg and a ¼ cup of milk. Cover with a rich paste and bake 20 minutes.

SEEF LIAIR

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- Line milet severif y que celurérement hans end chom éne les lieures

- le constitut de mer viers and aquer hans end chom éne le france

- le constitut de mer de la constitut de

MEATS

"Some hae meat and canna eat
And some wad eat that want it;
But we hae meat, and we can eat,
And sae the Lord be thankit."
Rurns

FRIED CHICKEN.

Mrs. W. H. McEwen

Break up chicken as for boiling; roll each piece in flour and fry until brown in hot well buttered pan. Add hot water, salt and pepper, cover and boil slowly at least an hour, or until cooked. Thicken gravy with flour.

CHICKEN PIE.

Mrs. W. McIntyre.

Cook chicken or fowl until tender in sufficient water to have 4 cups of broth. Remove large bones and skin and put in baking pan. Melt 3 tbs. of butter in stew pan; add 3 tbs. flour. Cook together a few minutes and add to broth, then pour it over chicken and keep hot while making crust. Crust: 2 cups flour; ½ tsp. salt; 2 tbs. butter, melted; 1 egg, well beaten; 1 scant cup milk; 2 tsp. baking powder. Roll out and put tiny biscuits all across top of chicken and bake in hot oven ½ hour.

CHICKEN PIE.

Mrs. James McLeod.

Cook a fowl until it will almost fall from the bones, then separate into joints and meat pieces, season and arrange these in a deep baking dish. Make a sauce as follows: Rub 3 tbs. butter into 3 tbs. flour. When well blended add 1 cup cream or milk and 3 cups of hot chicken stock. Cook until smooth and thick and pour over the chicken. The crust requires: 2 cups flour; 2 tsp. baking powder; 1 tsp. shortening; 1 lightly beaten egg; 1 cup milk and a little salt. Mix well and spread over the contents of the dish. Bake in a quick oven.

BEEF LOAF

Miss Edina Newlands.

3 lbs. round of beef; 2 qts. cold water; 1 tsp. salt. Simmer until tender, cool in liquor; when cool remove bones and chop fine. Boil liquor until reduced to 2 cups. To the meat add: 1 cup of the liquor; 1 tbs. vinegar; 1 tsp. mixed spices; ¼ tsp. paprika; juice and grated rind of 1 lemon. Press into buttered mould; pour over remaining cup of liquor. When cold serve with lettuce or cress salad.

BEEF LOAF.

Mrs. N. D. Detwiler.

To 2 lbs. of beefsteak add 2 slices of bacon and grind. Soak a ½ loaf of stale bread in hot water drain water off bread and add bread to meat with an onion cut fine; salt and pepper; a little sage. Work all until smooth; form in loaf and bake about 1 hour. Serve with tomato sauce.

MEAT LOAF.

Mrs. Gilmour.

1½ lbs. lean beef; ½ lb. bacon; 2 slices bread; 1 tsp. salt; ½ tsp. pepper; ¼ tsp. allspice; 1 egg. Scald bacon. Put beef, bacon and bread through meat chopper. Mix in spice, pepper, salt and egg. Put in bowl and cover with paper. Steam for 2 hours. Slice cold.

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CORNED BEEF.

Mrs. A. C. Patterson.

5 lbs. of boiling beef; 7 tsp. salt; $3\frac{1}{2}$ tbs. brown sugar; $1\frac{1}{2}$ tsp. saltpetre; enough water to cover meat. Let stand three to five days, boil in same brine for four or five hours. Skim often.

TO CURE BACON OR HAM.

Mrs. H. R. MacKenzie.

3 cups fine salt; 1 cup brown sugar; 3 dsp. ginger; 1 dsp. cloves; 1 dsp. allspice; ½ dsp. saltpetre; 1 dsp. soda; 3 dsp. black pepper. Mix thoroughly and rub a small quantity into the meat every 3 days. Four or five rubbings will suffice. Rub well each time. If the hams are very large they should be put in pickle for three or four weeks. Pickle is made by adding water to the above mixture until an egg or potato will float. Pickle should be boiled and cooled before putting in meat.

DUMPLING FOR STEWS.

Mrs. Geo. Watt.

1 cup of flour; 1 cup oatmeal; 3 tbs. suet; 1 onion; $\frac{1}{2}$ a tsp. soda; 1 tsp. salt; water to bind.

DUMPLING FOR STEWS.

Mrs. Geo. Watt.

2 cups of flour; 2 tbs. suet; $\frac{1}{2}$ tbs. of baking powder; 1 tsp. salt; a little pepper and cold water to bind.

LAZY WIFE'S ROAST.

Mrs. James Quigley.

2 lbs. chuck rib of beef; 1 can peas; 1 large onion cut fine; 2 carrots cut in cubes; 1 tsp. salt; dash of pepper; 1 tbs. flour; 2 cups macaroni partly cooked. Put meat in centre of casserole with other ingredients surrounding it. Add enough water to nearly cover it and bake slowly for three hours. This recipe can be doubled and cooked in covered roaster adding twelve peeled potatoes the last hour.

BEEFSTEAK AND KIDNEY PIE.

Mrs Hamilton Maclean.

Put in a baking dish; 1 lb. of round steak; 1 small onion; ½ beef kidney or two sheep's kidneys; 1 tbs. flour; ½ tsp. salt; 1 cup cold water and a few bits of butter. Cover with suet crust made of 1 cup flour; ½ cup suet; 1-3 tsp. salt; moisten with milk. Put egg cup in centre before covering with crust and steam three hours. Cover with greased paper.

BEEF CHOP SUEY.

Mrs. W. A. Wilson.

Grind $2\frac{1}{2}$ lbs. beef in a food chopper and enough onion to season. Add $\frac{3}{4}$ can tomatoes and little finely chopped suet. Mix well in a baking dish then add $\frac{1}{4}$ package boiled macaroni. Put in granite pan and bake in quick oven.

SWISS STEAK.

Mrs. W. M. Shirriff.

Select a flank steak or a slice of round steak, $1\frac{1}{2}$ to 2 inches thick. Pound into the steak on both sides as much flour as it will take up. Place in frying pan, brown the meat on both sides in bacon fat. Add boiling water to partly cover and let simmer about 2 hours. Peel a small onion for each person to be served; parboil 5 minutes, drain and put to cook around the meat or slice in a layer over the top of the meat. The sauce around the meat should be thick and brown and well seasoned.

SPANISH STEW.

Mrs. Robt. Burns.

Cut left over cooked beef in neat cubes. Cover with canned tomatoes, or add to it an equal amount of ripe tomatoes cut in pieces. Add medium sized onion chopped, $\frac{1}{2}$ a green and $\frac{1}{2}$ a sweet red pepper or pimento. Season with salt, pepper and paprika and simmer until tender. Thicken with a little flour mixed with sufficient cold water to pour. Red kidney beans may also be added.

POTTED TONGUE.

Mrs. Menzies.

Boil a small beef tongue and 3 or 4 small port hocks in separate dishes. Take out tongue and place in round dish, putting pork hocks (boned) in and about it. Have juice boiled down to about a cupful for each, then spice with salt, pepper and a little cloves and pour over.

ROAST PORK WITH DRESSING.

Mrs. Gilmour.

Take a 10 lb. leg or pork and remove the bone. Stuff with the following dressing; $\frac{1}{2}$ loaf of bread put through the meat chopper; 2 tbs. melted butter; 1 tsp. salt; $\frac{1}{2}$ tsp. pepper; 2 tsp. sage; $\frac{1}{2}$ tsp. ginger; 1 egg; 1 tbs. milk. Mix well together and put in pork. Tie pork firmly after stuffing. Bake slowly four hours.

MEAT PORCUPINE.

Mrs. David Low.

Cooked veal or chicken; bread crumbs or mashed potatoes; bacon; salt, pepper and lemon juice; 1 egg, stock or water. Chop meat fine, add ¼ of the quantity of bread crumbs or potatoes and a small quantity of chopped bacon, season highly with salt, pepper and lemon juice; add beaten egg and enough stock or water to moisten; form into roll. Put in a shallow, well greased pan; cut bacon into small pieces (about 1 inch by ¼ inch) and make holes in the loaf with a skewer into these put the bacon allowing ½ inch to stand out. Press meat firmly around the bacon and bake until brown. The bacon will baste sufficiently.

YORKSHIRE PUDDING.

Mrs. Geo. M. Carmichael.

1 cup flour; ½ tsp. salt; 1 tsp. baking powder; 1 cup milk; 2 eggs, yolks and whites beaten separately. Mix and sift dry ingredients; add gradually milk and well beaten yolks of eggs. Beat until smooth, then fold in the whites of eggs beaten stiff. Forty minutes before meat is served heat iron gem pans smoking hot, grease well with some of the fat from the roasting pan, turn in the batter and bake 30 to 40 minutes.

YORKSHIRE PUDDING.

Mrs. Harry K. Brown

4 eggs beaten separately; $1\frac{3}{4}$ cup milk; 5 tbs. sifted flour; $\frac{1}{2}$ tsp. baking powder, pepper and salt to taste. Beat yolks of eggs until thick; add milk and flour gradually, beating all well together with egg beater. Fold in whites of eggs after beating them stiff. Pour into a well greased pan and bake until puffed and brown. Serve with roast beef and brown gravy.

VEGETABLES

"I stick to Asparagus which seems to Inspire gentle thoughts." Lamb's Essays of Elia.

TOMATO DUMPLING.

Mrs. F. D. Gray.

Heat 1 can tomatoes and season with salt, pepper and butter. About 15 minutes before using add dumplings made as follows: 1 egg; 2-3 cup milk; little salt; 2 tsp. baking powder. Flour enough for batter that will drop from spoon.

STUFFED TOMATO.

Mrs. Geo. M. Carmichael

One ripe tomato; 1 tsp. butter; 1-3 cup stale bread crumbs or shredded wheat; ½ tsp. salt; pepper and onion juice. Wipe and remove thin slice from stem end of tomato, scrape out the inside; sprinkle inside of shell with salt; invert and let stand a short time; melt butter, add crumbs and seasonings, mix part of crumbs with chopped pulp, cook 5 minutes, then refill shell, put remainder of crumbs on top and bake in moderate oven 15 minutes.

TOMATO FRITTERS.

Mrs. M. R. Bow.

1 pt. canned tomatoes, 1 tsp. sugar; 1 tbs. minced onion; salt and pepper. Cook these well and blend with the mixture the following: 2 tbs. cornstarch; 2 tbs. butter; yolks of 2 eggs, beaten. When cold make into fritters, brush with egg white and fry in fat.

FRENCH FRIED POTATOES.

Miss Alice McClay.

Dip sliced potatoes in egg and then in bread crumbs. Fry until brown.

POTATO CROQUETTES.

Mrs. Edwin Jackson.

Rice hot potatoes; season with salt, pepper and add a small quantity of milk or cream. While hot form with the hands in cone shapes and let stand 15 minutes or more. Roll in egg and salted bread crumbs and fry in deep fat one minute. They should then be a golden brown. Heat in a moderate oven before using.

POTATO PUFF.

Mrs. G. Y. Smith.

To 2 lbs. of mashed potatoes allow 2 small eggs, 1 tbs. of butter and salt to taste. Take the mashed potatoes while they are still warm and stir well into them the butter, seasoning and the yolks of eggs. Beat whites quite stiff, fold them gently into the potato mixture, taking care not to beat more than is necessary. Put all into a greased mould or pie dish and bake in a brisk oven until nicely browned. Serve quickly before the puff has time to fall.

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POTATO PUFF.

Mrs. R. S. Patton

1 pt. cold mashed potatoes; 1 cup flour; 1 tsp. baking powder; 2 eggs, well beaten. Mix well and mould in very narrow rolls; flour and fry in boiling fat.

CREAMED CABBAGE.

Mrs. J.W. Wright.

Cut the cabbage as fine as for slaw; toss in a large saucepan of boiling salted water. Cook uncovered for 5 minutes. Drain off all the water, add a few spoonsful of thin white sauce or thickened milk. Serve either in this form as creamed cabbage or pour into a buttered baking dish, cover with crumbs and brown in a quick oven.

STUFFED POTATOES.

Mrs. T. J. How.

Bake as many potatoes as required, when soft break open at middle, remove contents, add salt, butter and sufficient milk or cream to beat up very light. Fill skins with mixture, piling up in irregular shapes. Set in oven a few minutes to brown. If desired a piece of cheese may be placed on each half of potato before placing in oven.

CORN AND CARROTS ESCALLOPED. Mrs. J. W. Wright.

2 cups cooked corn; 1 cup cooked carrots; diced; one small onion, diced; $\frac{1}{2}$ cup flour; 2-3 cup bread crumbs; 2 cups milk; butter, pepper and salt to taste. Mix well and bake slowly for $\frac{1}{2}$ an hour.

CREAMED ONIONS.

Mrs. F. J. Ball.

Boil 8 or 10 medium sized onions, whole, until tender. Add a little salt; drain and place in baking dish and cover with a cream sauce to which has been added ½ cup of chopped walnuts. Sprinkle over the top of this a thin layer of cracker crumbs, adding bits of butter. Place in oven and brown. Serve hot.

SALADS

"They would tempt the dying to eat,
Back to the world he'd turn his fleeting soul
And plunge his fingers in the salad bowl.
Serenely full, the epicure would say
Fate cannot harm me, I have dined to-day."

MAYONNAISE DRESSING.

Mrs. M. J. McNeel.

½ tsp. each of mustard, powdered sugar and salt; yolk of 1 egg; 1 tsp. vinegar; ¾ cup olive oil; vinegar or lemon juice to thin.

MAYONNAISE DRESSING.

Mrs. James Rutley.

1 large tbs. of butter melted in double boiler, add 2 tbs. of flour, 1 tbs. of sugar; 1 tsp. of mustard, 1 tsp. of salt. Add yolks of 2 eggs well beaten and $2\frac{1}{2}$ cups of milk. Boil till it thickens, then add 3 tbs. of vinegar and set aside to cool. Beat the whites of the 2 eggs and mix with dressing (about 1 qt.)

SALAD DRESSING.

Mrs. E. E. Meek.

2 eggs, 1 tbs. mustard; 1 tbs. flour; 1 tsp. salt; pinch cayenne pepper; ½ cup white sugar; 1 cup vinegar; 1 cup milk; butter size of egg. Beat eggs well, mix together mustard, flour, salt, pepper with a little milk; add eggs, then vinegar. Stir constantly. Add sugar, milk and butter.

SALAD DRESSING. in

Mrs. J. W. Spears.

1 cup milk; 3 tbs. flour; 2 tbs. butter; 2 eggs, ½ cup water; ½ cup vinegar; 4 tbs. granulated sugar; 2 tsp. mustard; 1 tsp. salt; a little pepper. Mix dry ingredients; put in vinegar and set on stove to boil. Mix milk and beaten eggs. When vinegar and water and other ingedients are thick put in butter and pour all into milk and eggs. Then pour into double boiler to thicken.

SALAD DRESSING.

Mrs. W. W. Thomson.

1 cup sugar; 1 tbs. cornstarch; 1 tsp. salt; 1 tsp. mustard; ½ tsp. white pepper. Mix well while dry and add 3 well beaten eggs. Mix well again. Add 1 cup of sweet milk or cream and last of all add 1 cup of vinegar. Cook in double boiler stirring frequently. This makes nearly a qt. if a large cup is used.

FRUIT SALAD DRESSING.

Miss Cora Taylor.

¼ cup pineapple juice; 2 tbs. orange juice; ¼ tsp. salt; little cayenne and mustard; 2 egg yolks; ½ cup white sugar. Cook all well beaten together. Lastly beat egg whites stiff and stir in while cooking.

FRUIT SALAD DRESSING.

Mrs. J. W. Wright.

¼ cup fruit juice, any kind; ¼ cup lemon juice ¼ cup sugar, two eggs. Beat eggs well; add fruit juice and sugar. Stir in a double boiler until it thickens.

THOUSAND ISLAND DRESSING

Mrs M. D. McCuaig.

Yokes of 6 eggs; 4 cups of Mazola oil; 2 lemons; 1 bottle chili sauce, 1 bottle catsup; 1 can of pimentos; Gradually add mizola oil to the beaten yokes of eggs. As you are stirring in lemon juice add chili sauce, catsup and pimentos separately, to above mixture.

BOILED DRESSING.

Miss Mercie Quigley.

½ tsp. salt; ½ tsp. mustard; 2 tbs. sugar; 2 whole eggs or yolks of three; 2 tbs. vinegar; 1 tsp. lemon juice; butter the size of walnut: ½ cup boiling water.

nut; ½ cup boiling water.

Mix dry ingredients, add beaten egg, vinegar, butter, boiling water.

Cook over boiling water, stirring constantly until mixture thickens, add lemon juice while cooking.

BOILED SALAD DRESSING.

Mrs. G. H. Barr.

Mix in order named: 1 tsp. each mustard, salt, cornstarch; 3 tbs. each sugar and vinegar; 1 egg; add 1 cup hot water and cook till thick, then stir in a small piece of butter or a little cream.

PINEAPPLE SALAD.

Mrs. F. D. Gray.

Cut fine a large cup of marshmallows and put in a boiling syrup of ½ cup granulated sugar and ¼ cup water. Let cook for a few minutes and when cool add bananas and pineapple cut fine and nuts. Add a few spoonsful of salad dressing and whipped cream.

PINEAPPLE SALAD.

Mrs. D. D. Campbell.

Drain pineapple, cut in cubes (can sliced pineapple.) Mix 3/4 lb. fresh marshmallow, cut in cubes, with pineapple and let stand for several hours. Just before serving whip cupful of cream, add a little salt and when whipped add 1½ dsp. of vinegar, adding a little at a time and keep on whipping: Mix all together and serve on lettuce leaves. Garnish with Maraschino cherries or nuts.

PINEAPPLE SALAD.

Mrs. J.M.Goth.

Juice of one can pineapple, heat to boiling point. Add 1 scant cup sugar, pour over 1 pkg. grape fruit jello, add pineapple cut in cubes and 1 cup chopped walnuts. Serve with whipped cream.

FRUIT SALAD.

Mrs. R. Fuller.

3 cups diced apples, 1 cup English walnut meats, 1 cup chopped celery, a few cherries in season. Mix generously with Mayonnaise dressing.

FRUIT SALAD.

Mrs. A. L. McLean.

2 bananas; ½ pineapple; 2 oranges, juice of one lemon; ½ lb. Malaga grapes; ½ cupful chopped walnuts; sugar to taste. Serve very cold with whipped cream.

FRUIT SALAD.

Mrs. Lawson.

24 marshmallows; 1 can pineapple; 2 apples, 6 oranges, lettuce leaves. Cut in small pieces and mix with the following dressing: 1 tbs. butter, pinch of salt; 2 tbs. sugar; 2 tbs. vinegar; 2 eggs.

Mix together and cook until thick, cool and add ½ pt. whipped cream. Mix with fruit and serve on lettuce leaves.

MARSHMALLOW FRUIT SALAD. Mrs. A. C. Patterson.

½ lb. marshmallows; 1 tin pineapple sliced; ½ lb. dates; ½ lb.

grapes.

Cut marshmallows and pour over the juice of the pineapple, cut other fruit in small pieces; sprinkle lightly with sugar and let stand. Whip ½ pt. of cream and mix some in with the fruit and put remainder on top.

CHICKEN SALAD.

Miss Edina Newlands.

 $1\frac{1}{2}$ cups cold chicken; $1\frac{1}{2}$ cups celery cut in dice; 1 hard boiled egg cut in dice; $\frac{1}{2}$ cups cucumber cut in dice; $\frac{1}{2}$ cup peas; 1 tbs. minced ham. Mix with mayonnaise dressing and garnish with capers, pimentos, olives and beets.

BEETS AND PEAS IN ASPIC (SALAD) Miss Muriel Allan.

3 red beets, 1 can French peas; 1 doz. ripe olives; 1-3 pkg. vegetable gelatine (½ oz.) 1 cup boiling water; 2 lemons.

Wash and cook 2 beets. Peel and cut into cubes and cover with juice of one lemon. Peel one beet and cut into small cubes, cover it with 1½ cups of cold water and let it simmer ten or fifteen minutes until the water is a red, rich color. Drain and measure, there should be one cup full. Soak the gelatine in warm water twenty minutes, drain and put to cook in boiling water (cooking 8 or 10 minutes) strain and add ½ cup to beet water. To this jelly add the beets and sliced olives sliced olives.

Drain juice from 1 can French peas and cover peas with juice of 1 lemon. To 1 cup full of juice drained from peas add remainder cooked gelatine, then add the peas and fill a mould half full of this mixture. As this begins to solidify add carefully enough of the beet mixture to fill the mould. When set turn out on a plate garnished with

sliced lemon and hard boiled egg.

WALDORF SALAD.

Mrs. F. M. Crapper.

Mix equal quantities of finely cut apples and celery and moisten with mayonnaise dressing. Garnish with curled celery and canned pimentos cut in fancy shapes. An attractive way of serving this salad is to remove tops from red or green apples, scoop out inside pulp, leaving just enough adhering to skin to keep apples in shape, refill shells thus made with the salad, replace tops and serve on lettuce leaves.

PERFECTION SALAD.

Mrs. Fetherston.

(Half recipe serves 6 persons.) 1 envelop Knox gelatine (plain) soak in ½ cup water for 5 minutes. Add ½ cup mild vinegar, 2 tbs. lemon juice; 2 cups boiling water; ½ cup sugar, 1 tsp. salt. When above mixture begins to thicken add 1 cup cabbage cut very fine; 2 cups celery; 2 red pimentos. Pour into mould (or individual moulds) and allow to set. Serve with dressing.

NEW CABBAGE SALAD.

Mrs. Fetherston.

Shred about 3 cups of crisp white cabbage and mix with 2 tomatoes diced. Add 6 thinly sliced pimento olives and ¼ cup coarsley chopped peanuts. Mix lightly and moisten with ½ cup of dressing. Heap on lettuce leaves and garnish with thinly sliced tomatoes.

SALAD SUPREME.

Mrs. P. G. Williams.

Allow 1 slice of pineapple and ½ banana split lenghtwise for each person. Arrange on lettuce and sprinkle both pineapple and bananas generously with grated cheese. Pour salad dressing over all and cover with chopped walnuts, with a tbs. of whipped cream or salad dressing in centre of pineapple, topped with Maraschino cherries.

GRAPE, CELERY AND PECAN SALAD Mrs. G. Y. Smith.

Peel and halve hot house grapes, removing the seeds; chop celery fine, also some pecan nuts in rather small pieces; mix all lightly with salad dressing, either a boiled cream dressing or Mayonnaise, into which some whipped cream has been folded. Arrange on crisp lettuce leaves or endive and drop a spoonful of the fluffy dressing on each one; top with half grapes or pecan nuts.

WALDORF SALAD IN GELATINE.

Mrs R. W. E. Loucks

1 pt. lemon gelatine or jello; 1 cup diced tart apples, 1 cup diced celery; boiled salad dressing; lettuce; whipped cream

celery; boiled salad dressing; lettuce; whipped cream.

When gelatine has cooled add apples and celery and place in wet individual moulds. When firm serve on lettuce leaves and cover with salad dressing. Add whipped cream to salad dressing.

BANANA SALAD.

Mrs. L. A. Gillespie.

Take bananas and cut in three inch lengths, roll in beaten egg and crackers, drop in hot fat until brown, let cool. Lay on 2 pieces of lettuce, cover with salad dressing and nuts.

LOBSTER SALAD.

Mrs. N. D. Detwiler.

1 can of lobster; 2 cups chopped celery; 2 cups of chopped apple; ½ cup chopped walnuts, salad dressing.

TOMATO JELLY SALAD.

Mrs. H. Ward.

1 can tomatoes; sprig parsley; slice of onion; 2 tbs. vinegar; 1 oz. gelatine; pinch of salt; 2 tsp. sugar;. Boil tomatoes, parsley, and onion for twenty minutes. Strain. Add to the tomato juice, vinegar, salt, sugar and the gelatine, which has been dissolved in a little of the cold juice. Put in moulds to cool.

BANANA AND NUT SALAD.

Mrs. O. G. Mueller.

4 bananas; ¼ cup salad dressing; 8 lettuce leaves; ¼ cup broken walnut meats.

Slice bananas lengthwise. Lay each half on lettuce, spread with salad dressing and sprinkle with nuts. Will serve eight persons.

CABBAGE SALAD.

Mrs. A. L. McLean.

Take small head of cabbage and chop fine, then mix together: ½ cup granulated sugar, 1 tsp. mustard, 1 tsp. salt; ½ tsp. black pepper; add two well beaten eggs; ½ cup vinegar; 6 tbs. sweet cream; 1 tbs. butter. Cook as boiled custard. When cold add cabbage.

PIMENTO SALAD.

Miss A. B. Sheppard.

Dissolve 1 pkt. lemon jello powder in 34 pt. boiling water. When beginning to set add 1 cup chopped celery; ½ cup cabbage cut fine; 1 pimento cut fine; 1 small onion chopped; level tsp. salt; 1 tsp. dry mustard; 1-3 cup vinegar; put in moulds. Serve on lettuce leaves with mayonnaise dressing. Nice relish for cold meat.

APPLE SALAD.

Mrs. D. C. McIntyre.

Dice the required amount of apples and have ready the following dressing: Put in a sauce pan: 1 egg, whole; 1 cup sugar; juice of 1 lemon. Stir all together over the fire until cooked. When cool mix with apples, then whip a small quantity of cream. Spread cream on top of salad or mix in if preferred.

APPLE AND CHEESE SALAD.

Mrs. Avery Casey.

Mix chopped pecans with twice their bulk of creamed cheese, adding a little thick cream to blend the mixture. Season with pepper and salt and mould in tiny balls. Pare mellow tart apples, core and slice across the center in rings about ½ inch thick. Arrange rings on lettuce leaves and place several cheese balls in centre. Serve with cream salad dressing.



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Said Simple Simon to the Pie man
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PUFF PASTE.

Mrs. J. W. Spears.

¼ lb. lard; ¾ lb. butter; 1 lb. flour; small pinch soda dissolved in ice water. Cut all of lard and half of butter through the flour with chopping knife, mix into a stiff paste with water, always using knife. Divide remaining butter into three parts, spread paste three times. Sprinkle lightly each time with flour, fold and roll each time.

FRUIT OR MINCE PIECRUST.

Mrs. J. McCombie.

1 lb. flour; 2 tsp. baking powder; 1 small tsp. salt; 2 oz. sugar; 1/4 lb. butter; 1/4 lb. lard; 1 egg, water. Sift dry ingredients, rub shortening into flour. Beat egg, add sufficient water to mix and roll out thin.

LEMON PIE.

Mrs. Morton.

Juice and rind of one lemon; 1 tbs. butter; 3 tbs. water; three egg yolks; salt; ½ cup sugar. Mix and cook until quite syrupy. Beat whites until stiff; add ¼ cup sugar and beat until dry. When lemon part is very cold mix with beaten whites, put in baked shell and brown in real hot oven.

LEMON PIE.

Mrs. G. F. Stewart.

1¼ cups sugar; 1-3 cup flour; pinch of salt; juice and grated rind of 1 lemon; 3 egg yolks; 1 cup boiling water; 1 tsp. butter. Mix flour, sugar and salt. Add boiling water, stirring constantly. Cook 15 minutes then add butter, egg yolks and lemon. Turn into crust and cover with whites of eggs beaten with ½ cup powdered sugar and and bake until the meringue is browned.

FILLING FOR LEMON PIES.

Mrs. John Balfour.

Juice and rind of two large lemons; $1\frac{1}{2}$ cups of sugar; 4 eggs, using whites for top; butter size of an egg; two dsp. cornstarch; 2 cups hot water. Mix sugar, cornstarch and rind together; add lemon juice, then eggs well beaten. Add hot water gradually and then butter. Cook until thick. This makes filling for two pies.

LEMON PIE FILLING.

Mrs. L. A. Thornton.

Grated rind and juice of 1 lemon; 1 cup sugar; 1 cup water; 2 dsp. cornstarch mixed with ½ cup cold water. Boil with a pinch of salt. When thick add the well beaten yolks of 2 eggs and 1 tsp. vanilla. Pour into a baked pastry shell and cover with a meringue of 2 egg whites mixed with 2 dsp. sugar and if desired 1 cup shredded cocoanut. Brown in slow oven.

LEMON CREAM PIE.

Mrs. H. C. M. Brown.

1 cup sugar; 1 cup milk; $1\frac{1}{2}$ tbs. flour; 1 tbs. melted butter; $1\frac{1}{2}$ tbs. cornstarch; whites of 2 eggs; 3 tbs. lemon juice; yolks of 2 eggs; few grains salt. Mix sugar and flour, add lemon juice, egg yolks slightly beaten, milk, butter, whites of eggs beaten stiff and salt. Bake in one crust and cover with meringue or not as desired.

LEMON SPONGE PIE.

Mrs. J. W. Wright.

1 cup sugar; 3 tsp. flour; add 1 cup milk, dsp. butter, pinch of salt, juice of 1 lemon, yolks of 2 eggs. Beat yolks and whites separately and bake like custard.

LEMON CAKE PIE.

Mrs. P. C. Cameron.

1 cup granulated sugar; 2 heaping the flour; 2 the butter; 2 eggs yolks. Beat these ingredients to a cream, add juice and rind of 1 lemon; 1 cup sweet milk; whites of 2 eggs beaten stiff and folded in last. Bake at the temperature of sponge cake. Put in a one crust pie.

MOCK CHERRY PIE.

Mrs. W. J. Campbell.

Cook 1 cup raisins and 1 cup cranberries together in 1 cup water. Mix 1 cup white sugar; 2 tbs. flour; 1 tsp. vanilla in a little cold water and add to the raisins. Bake in a double crust.

MOCK CHERRY PIE.

Mrs. P. C. Cameron.

2 cups cranberries cut in halves and rinsed in cold water to remove seeds; 1 cup raisins; 2 cups sugar; 1 tbs. flour; 1 cup water; 2 tbs. vanilla. Mix flour and sugar; stir into cranberries and raisins, then stir in the cup of water and cook about 15 minutes. Cool and add vanilla. Bake in two crusts.

BUTTER TARTS.

Mrs. O. T. Falls.

2 cups brown sugar; 1 cup finely chopped raisins, 1 cup chopped walnuts; 1 lb. butter; yolks of 2 eggs. Mix well, then add the stiffly beaten whites of eggs and 1 tsp. vanilla and salt. Use 1 tsp. to a tart and cook in a fairly hot oven. Cook in gem tins.

BUTTER TARTS.

Mrs. W. C. Swanson

1 cup brown sugar; butter size of an egg; 1 egg; 2 tbs. vinegar; 2 tbs. water; pinch of soda; 1 cup currants or small raisins. Put in tart shells and bake in hot oven.

TART FILLING.

Mrs. R. G. McNamara.

1 egg: 1 cup brown sugar; 1 cup currants; butter size of a walnut; flavoring. Beat all together until full of bubbles, bake in a quick oven.

BUTTERMILK PIE.

Mrs. H. R. MacKenzie

 $2\frac{1}{4}$ cups buttermilk; 1 cup white sugar; $1\frac{1}{2}$ tbs. cornstarch; 3 eggs; (beaten whites for top of pie), flavor with lemon. This is enough for two pies.

WELSH CHEESE TARTS.

Mrs. H. J. Crowe.

4 level tbs. butter; ½ cup flour; ¼ cup sugar; 1 egg, ¼ tsp. baking powder; a few drops essence of almonds. Short pastry. Raspberry jam. Cream the butter and sugar, add the eggs and flavoring, then beat in the flour. Line some patty pans with the pastry, put in 1 tsp. of raspberry jam, then cover with the mixture and put 2 thin strips of pastry across the top. Bake in a moderate oven until nicely browned. They may be iced when cold and a glace cherry or split almond placed on top.

HEAVENLY PIE

Mrs. Robert Martin.

Line a pie plate with crust and bake to a light brown. Mash 2 bananas through a potato ricer, add ½ cup sugar, ½ tsp. salt and the unbeaten whites of 2 eggs. Beat all together with a large egg beater until stiff and frothy. Add ½ tsp. almond extract and fill the baked pie shell. Bake in a very moderate oven until bananas are baked. When thoroughly chilled cover with whipped cream sweetened and flavored with a few drops of vanilla and sprinkle with chopped nuts if desired.

BUTTERSCOTCH PIE.

Mrs. F. H. MacKenzie.

1 cup brown sugar; 1 tbs. flour; 1 tbs. butter; 1 tsp. vanilla; pinch of salt; 2 egg yolks, saving whites for frosting. Cook paste and filling before putting together. Frost and brown slightly in the oven.

RAISIN PIE.

Mrs. W. A. Wilson.

1 cup chopped raisins, seeded; 1 cup cold water; 1 tbs. flour; ½ cup sugar; 2 lbs. butter. Stir lightly together and bake with upper and lower crust.

APPLE PIE.

Mrs. Creswell.

3 apples; 2 soda biscuits; 2 tbs. melted butter; 1 cup sugar; 1 egg; rind and juice of one lemon. Mix together and bake between crusts.

TRANSPARENT PIE.

Mrs. D. D. Thompson.

6 eggs beaten separately; 1 cup butter; 1 cup sugar; 1 tbs. flour mixed with the sugar; 1½ cups sweet cream. Fill uncooked shell with mixture, and if desired spread 2 tbs. of jelly on the pie before it is quite done, using the beaten egg whites for meringue. This makes 2 medium sized pies.

RHUBARB CUSTARD PIE.

Mrs. J. A. Strang.

2 cups chopped rhubarb; 1 cup sugar; yolk of 1 egg; 1 tsp. butter; 1 tbs. flour; 3 tbs. water. Pour boiling water over rhubarb. Drain off after five minutes. Mix rest of ingredients with rhubarb. Pour in uncooked crust. When cooked add meringue. Bake slower than is usual for pie. For meringue use white of 1 egg and 3 tbs. of sugar.

MAPLE PIE FILLING.

Mrs. M. R. Bow.

1 cup maple syrup; ½ cup water; 2 egg yolks; 2 tbs. flour or cornstarch; butter size of a walnut. Cook in double boiler. Make meringue as follows: 2 egg whites; 2 tsp. water; 2 pinches of baking powder. When beaten stiff add 2 tbs. granulated sugar.

PINEAPPLE PIE.

Mrs. Geo. Watt.

Mix 1 cup of the syrup of pineapple with 2 tbs. of corn starch and ½ cup of sugar and boil 5 minutes. Add pineapple sliced fine and mixed with two well beaten eggs. Add one tbs. butter. Turn into a crust and bake.

McCARTHY PIE.

Mrs. D. M. Mann.

1-3 cup white sugar; 1 dsp. cornstarch; 1 tsp. cocoa; 2 eggs (save the whites for top); ½ cup raisins chopped; 1 dsp. butter; salt and spices to taste. Beat all together, then add 1½ cups boiling water and cook in bouble boiler.

CARAMEL PIE.

Mrs. G. F. Stewart.

1 cup brown sugar; 1 tbs. butter. Brown these together on stove until mixture is soft and creamy. Make a custard of: 1 cup milk; 2 egg yolks; pinch of salt. Thicken to a stiff cream with cornstarch. Add to sugar and butter and bring to a boil. Turn into pie crust and cover with beaten egg whites and sugar, and brown. Walnuts may be added to the filling if desired.

SOUR CREAM PIE FILLING.

Mrs. R. McQuarrie.

1 cup sour cream; 1 cup raisins; 1 cup sugar; $\frac{1}{2}$ tsp. cinnamon; $\frac{1}{2}$ tsp. cloves; yolks of 3 eggs and white of one. Reserve two whites for the top.

CREAM RAISIN PIE.

Mrs. J. B. Ritchie.

1½ cups milk in double boiler; when it boils add 1 tbs. flour; ¾ cup sugar; ½ tsp. salt; 2 egg yolks beaten; 1 cup raisins; 1 tbs. butter. When thickened take from stove, add 1 tsp. vanilla. Pour in a pie shell already baked. Frost with egg whites and sugar and brown in the oven.

RHUBARB PIE.

Mrs. F. R. Mahoney.

3 cups rhubarb chopped fine; let stand in water 10 minutes. 1½ cups sugar; 1 tbs. butter; 2 tbs. flour; 4 tbs. water; yolks of 3 eggs. Bake with 1 crust and when baked cover with beaten whites of 3 eggs and sugar and brown.

TART FILLING.

Mrs. R. McQuarrie.

1½ cups milk; ½ cup sugar; 2 tbs. cornstarch; 2 egg yolks; salt. Cook to a custard in double boiler. 1 cup pineapple juice; 1 cup chopped raisins; 2 tbs. lemon extract; ½ tsp. vanilla. Boil together for 15 minutes, then add to the custard with ¾ cup crushed pineapple. Bake in tarts.

DATE CREAM PIE.

Mrs. E. Sample.

2 tbs. sugar; ¾ cup flour; ½ tsp. salt; ½ cup cold milk; 1½ cups hot milk; 1 pkg. Dromedary dates; 2 egg yolks; 1 tbs. lemon juice; 2 egg whites; 2 tbs. powdered sugar. Mix sugar, flour and salt. Add cold milk and mix until smooth. Add slowly to hot milk and cook in double boiler 15 minutes. Cut dates in small pieces. Add dates and beaten egg yolks to hot mixture and cook 2 minutes, stirring constantly. Add lemon juice and pour into baked pie crust. Mix stiffly beaten egg whites and powdered sugar and spread on top. Brown quickly in hot oven.

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COFFEE CREAM PIE.

Mrs. G. Y. Smith.

1 cup milk; 1 cup coffee; two eggs; ½ cup sugar; 2 tbs. cornstarch. Bring the milk and coffee just to the boiling point; then pour over the egg yolks which have been well beaten with the sugar. Return to the fire in a double boiler and add cornstarch dissolved with a little milk. Stir constantly until mixture thickens and coats the spoon. Add stiffly beaten white of 1 egg, cook 1 minute then remove and when nearly cold turn into a baked pie shell. Cover the top with the other egg white (piped on with a pastry tube) and return to oven to color the meringue. Serve cold. This is delicious if both egg whites are used in the mixture and sweetened whipped cream piped over the top of the cold pie.

PUMPKIN PIE.

Mrs. D.C. McIntyre.

3 eggs; 2 cups milk; 1½ cups sugar; 1 tsp. salt; 1½ tsp. ginger; 1 can pumpkin.

PUMPKIN PIE.

Mrs. W. H. McEwen.

1 can pumpkin; 4 eggs; $1\frac{1}{2}$ cups white sugar; 1 tsp. each nutmeg and cinnamon; 2 tsp. each ginger, cornstarch, melted butter; 1 tsp. salt and two cups of milk. Before serving put whipped cream on top. This makes three pies.

BANANA PIE.

Mrs. R. Sinton.

Yolks of 2 eggs; 1 cup brown sugar; 2 tbs. flour; butter size of an egg; 1 cup milk; ¼ tsp. salt; vanilla. Cook all together in double boiler and place in baked pie crust after mixing with bananas cut fine.

MINCE MEAT

Mrs. Ashton Burgess.

2 doz. apples; 2 lbs. seeded raisins, 2 lbs. currants (washed thoroughly); 2 lbs. chopped suet; 1 lb. mixed peel; 1 lb. brown sugar; ½ lb. bleached almonds cut in quarters; 2 tsp. nutmeg; 1 tsp. cloves; 3 tsp. cinnamon; ½ tsp. salt added to the suet. Cook ½ hour.

MINCE MEAT

Mrs. A. L. Gillespie.

2 lbs. suet; 3 lbs. brown sugar; 3 lbs. raisins, 2 lbs. currants; 2 tsp. nutmeg; 2 tsp. cinnamon; 15 large apples; ½ lb. citron; 1 tsp. salt; 1 lb. figs or dates; ½ lb. walnuts. Add orange or fruit juice. Put fruit through meat chopper.

MINCE MEAT

Mrs. J. W. Spears.

2 lbs. beef; 2 lbs. currants; 2 lbs. raisins, 1 lb. citron; 2 lbs. beef suet; 1½ lbs. candied lemon peel; 4 lbs. apples; 2 lbs. sultana raisins; 2 lbs. sugar; 2 grated nutmegs; ¼ oz. cloves; ½ oz. cinnamon; ¼ oz. mace; 1 tsp. salt; 2 lemons, juice and rind; 2 oranges, juice and rind. Simmer meat gently until tender. When cold chop finely. Stone raisins. Chop citron, apples, and suet fine, add juice of lemons and oranges and pack.

GREEN TOMATO MINCE MEAT

Mrs. Clifton Kidd.

To 8 lbs. green tomatoes add 1 tbs. salt and let stand over night. Drain and put through chopper. Add 4 lbs. white sugar and boil 1 hour. Add 2 cups of raisins and 3 cups of currants; 1 tsp. black pepper; 1 tbs. cinnamon; butter the size of an egg. Boil this mixture 20 minutes, remove from stove and add one cup of vinegar and serve as other fruit.

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EVE'S PUDDING

Miss Ethel MacLachlan.

Take 4 large apples, pare, slice and put in buttered pie dish. Take 2 eggs, their weight in butter, sugar and flour. Beat butter and sugar to a cream, add flour, then well beaten eggs. Pour over apples and bake 40 minutes.

JUDGE PETER'S PUDDING.

Mrs. J. D. Denny.

1 pkg. gelatine soaked in ½ pt. cold water; juice of 2 lemons; 2 cups sugar. Strain and let thicken. Prepare 2 oranges, 2 bananas, 10 walnuts, 6 figs, cut in small pieces and stir into the gelatine mixture before it is too stiff. Turn into a mould previously rinsed with cold water. Serve with whipped cream.

WHIPPED CREAM PUDDING.

Miss Irene Allan.

½ lb. sugar moistened with water; juice and rind of 2 oranges; juice and rind of two lemons; 2 ozs. butter; ¼ packet gelatine; 3 eggs; ¼ pt. whipped cream; 2 whites of eggs, beaten stiff. Mix together moistened sugar, juice and rind of oranges and lemons, butter, gelatine and eggs and put in a saucepan and bring to a boil, stirring occasionally, then let cool and just as setting, stir in whipped cream and beaten egg whites. Put in mould and serve cold.

PINEAPPLE PUDDING.

Mrs. A. MacDonald.

½ cup tapioca; 2 cups water; soak; over night. Cook in double boiler until jellied, then add ½ cup white sugar, beaten whites of 2 eggs and juice of half lemon. Put in dish in alternate layers with diced pineapple, cover top with whipped cream and serve.

PINEAPPLE PUDDING.

Mrs. W. G. Scrimgeour.

1 can pineapple; 1 tbs. butter; 1 cup sugar. Cook together until the sugar is melted. Beat 3 eggs; 1 cup sugar; ½ cup flour; 2 tsp. baking powder; ½ cup of water. Pour over pineapple and bake 40 minutes in moderate oven. Spread whipped cream on top and serve cold.

COTTAGE PUDDING.

Mrs. Geo. M. Carmichael.

Cream ¼ cup butter, add ½ cup sugar and the yolk of 1 egg. When very light add ½ cup milk, then 1 cup pastry flour sifted four times, with a rounded tsp. of baking powder and ½ tsp. salt. Whisk the white of 1 egg to a stiff froth, stir the mixture up again and add the egg. Bake in muffin rings, filling a little less than half full.

GRAHAM FLOUR SPONGE PUDDING Mrs. E. Jackson.

 $\frac{1}{2}$ cup white flour; $\frac{1}{2}$ cup graham flour; 1-3 cup golden syrup; butter size of an egg; 1 egg; $\frac{1}{2}$ cup sour cream or milk; $\frac{1}{2}$ tsp. soda; nutmeg. Steam $1\frac{1}{2}$ hours. Serve with white sauce.

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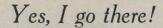


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LEMON PUDDING.

Mrs. G. W. Smith.

1 large lemon peeled and sliced thin; 2 cups water; 1 cup sugar, put on stove and simmer slowly for $\frac{1}{2}$ hour. Batter: piece of butter size of an egg; 1 cup sugar; 1 egg; $\frac{1}{2}$ cup boiling water; 1 cup flour; 2 tsp. baking powder. Pour batter over hot sauce and bake $\frac{1}{2}$ hr. Serve in dish in which it is made.

LEMON PUDDING.

Mrs. Edgington.

2 eggs; 1 lemon, juice and rind; 4 tsp. flour, sifted in 1 cup granulated sugar; 1 cup milk; 1 tsp. melted butter. Add beaten yolks to sugar and flour; add lemon juice and rind; melted butter and milk. Fold in beaten whites. Place baking dish in pan of boiling water and bake in moderate oven. Serve with dash of whipped cream.

FIG PUDDING.

Mrs. Frank L. Bastedo.

1 egg; 2 tbs. sugar; 2 tbs. suet; 3 tbs. bread crumbs; $\frac{1}{2}$ cup milk; $\frac{3}{4}$ cup figs, chopped; 1 tsp. baking powder; $\frac{1}{2}$ cups flour; nutmeg. Steam $\frac{1}{2}$ hours.

WHOLE WHEAT STEAMED PUDDING. Mrs. Grover Peverley.

½ cup butter; ½ cup brown sugar; 1 cup molasses; 1 egg; 2 cups flour; 2 cups whole wheat flour; 3 tsp. baking powder; 1½ cups milk; 2 cups raisins; 1 tsp. ground cinnamon. Steam 2½ hours. Sauce: 2 eggs well beaten; 1 cup powdered sugar, beaten together. Pour over 1 cup boiling milk; flavor to suit.

APPLE PUDDING.

Mrs. W. J. Wrye.

Peel and core 5 large apples and slice into a pudding dish; add 1 cup white sugar and sprinkle of cassia. Mix together 1 cup flour; ½ cup brown sugar; butter size of an egg; pinch of salt and sprinkle of cloves and cassia. Mix all together and place on top of apples and bake slowly. Serve with cream.

LEMON SPONGE.

Mrs. A. L. McLean.

1 cup water; rind and juice of 1 lemon; ½ cup sugar; 2 tbs. cornstarch. Cook in double boiler, then beat in whites of 2 eggs, well beaten. Pour into mould and cool. Serve with cream or the following dressing which is cooked in a double boiler: 1 cup milk, 1 tsp. sugar; yolks of 2 eggs; flavoring.

LEMON BUTTER.

Miss Cora Taylor.

1/4 lb. butter; 1 lb. sugar; 6 eggs, leaving out 2 whites; also rind of 2 lemons and juice of 3. Place all in a pan and allow to simmer until it is the thickness of honey.

LEMON HONEY.

Mrs. Wm. Armour.

Grated rind and juice of 3 lemons; 3 eggs well beaten; 3 dsp. butter; 3 cups sugar. Mix all together and boil very slowly for 20 minutes, stirring constantly.

LEMON CHEESE.

Mrs. W. A. Smart.

1 cup sugar; 3 eggs; 2 ozs. butter; rind of 1 lemon and juice of 1½ lemons. Put butter, sugar and lemons in a jar and melt. Beat and add eggs. Cook over hot water stirring constantly until it thickens.

LEMON CHEESE.

Mrs. W. S. Napier.

1 lb. sugar; 6 ozs. butter; 6 eggs; 4 lemons. Put sugar and butter in a jar; yolks of 6 eggs and whites of 2, well beaten; rind of 2 lemons grated and juice of 4 lemons. Put jar in saucepan of boiling water and stir mixture until it begins to thicken.

LEMON DESSERT.

Mrs. N. D. Detwiler.

Put 2 cups water into a saucepan and bring to a boil, then add yolks of 3 eggs; 1 tbs. cornstarch; juice of 1 lemon; 1 cup sugar. Let boil ½ minute, then stir in the beaten whites of eggs. Serve cold.

LEMON RICE.

Mrs. L. Good.

Put in a dish 1 cup sugar; butter size of an egg; 1 lemon, rind grated and juice; 2 eggs, saving whites for top. Boil 3/4 cup rice and a little salt; add foregoing. Make hot, then put in dish to cool.

LEMON SHEBRET.

Mrs. Burrill.

Juice and rind of 5 lemons; juice and rind of 1 orange; 5 cups sugar. Let stand for a while, then add 1½ qts. milk. Freeze. This makes 3 qts. of sherbet.

MARSHMALLOW CREAM.

Mrs. Hugh McGillivray.

1 pt. whipping cream; ½ cup chopped walnuts; 1 large or 2 small bananas; 1 large or 2 small oranges; ½ cup chopped pineapple. Cut with scissors 15 plain marshmallows. Whip cream and set aside to chill. Just before using whip in fruit mixture with cream and marshmallows. Garnish with candied cherries.

MARSHMALLOW CREAM.

Mrs. E. Sample.

 $\frac{1}{2}$ envelope Knox gelatine; 1 cup sugar; $\frac{1}{2}$ cup cold water; $\frac{1}{2}$ cup boiling water; whites of 4 eggs; 1 tsp. lemon and $\frac{1}{2}$ squares chocolate; vanilla. Soak gelatine in cold water 5 minutes, then add boiling water and place over tea kettle until dissolved. Add sugar and cool, but do not chill. When the jelly begins to set beat the whites of eggs very light and add to the well beaten gelatine, add flavoring and divide into 3 parts.

Part 1. Add part of the color found in package and flavor with vanilla.

Part. 2. Add melted chocolate and vanilla. Part. 3. Flavor with lemon. (white part.)

Mould in layers in square mould if possible. Add nuts to the pink part, red cherries to the white part. Chill, cut in slices and serve with whipped cream. If desired lemon flavoring can be added to all, then take out the white part.

SUET PUDDING.

Mrs. Hamilton Maclean.

1 cup chopped suet; 1 cup raisins; 1 cup golden syrup; ½ tsp. salt; 1 cup sweet milk; 2 tsp. baking powder; flour enough to make quite a stiff batter, about 2 cups. Steam for three hours. Serve with caramel sauce or any other preferred.

CARROT PUDDING.

· Miss Mary Quigley.

1 cup grated carrot; 1 cup grated potato; 1 cup suet chopped fine; 1 cup sugar; 1 cup currants; 1 cup raisins; 1 small tsp. soda; 1 small tsp. salt; flour enough to make a stiff batter. Steam 3 hours and serve with sauce.

CARROT PUDDING.

Mrs. A. W. Notman.

1½ cups flour; 1 cup sugar; 1 cup suet; 1 cup each of raisins, grated raw potato, grated raw carrot; 1 egg; tsp. soda. Steam or boil 3 hours.

CHARLOTTE RUSSE.

Mrs. A. C. Paterson.

4 eggs; 1 oz. gelatine; 2 gills boiling milk; 1½ cups powdered sugar; 1 pt. thick sweet cream; rose water or vanilla; sponge cake or lady fingers. Dissolve the gelatine in the boiling milk. Beat the whites stiff, whip cream to a froth and line a large mould with thick slices of sponge cake; mix gelatine, sugar, cream and flavoring together; add lightly the frothed whites; pour into mould and set away on ice until required for use.

CHARLOTTE RUSSE.

Mrs. James Grassick.

½ pt. whipped cream; 1 tbs. Knox gelatine; ½ cup water; 1 cup milk; ¾ cup sugar; 10c. worth of cherries; ½ can pineapple, Dissolve the gelatine in cold water and let stand 10 minutes. Scald milk; as soon as scum forms remove and add sugar. Stir into gelatine for 5 minutes. As soon as mixture starts to jell beat it into the whipped cream, add flavoring, cherries and pineapple and a little preserved ginger.

CHOCOLATE BREAD PUDDING.

Mrs. O. G. Mueller.

2 cups bread crumbs; 1 cup condensed milk or milk; 3 cups water; ½ tsp. salt; 2 squares chocolate; ½ cup sugar; 2 eggs; 1 tsp. vanilla. Soak bread in milk to which water has been added. Melt chocolate, add sugar, bread and milk. Beat eggs slightly, add to mixture with salt and vanilla. Bake in buttered pudding dish 1 hour in moderate oven. Serve with cream sauce. Will serve eight persons.

LUNCHEON PUDDING.

Mrs. P. C. Cameron.

2 cups finely chopped sour apples; 2 cups seedless raisins; 2 cups soft bread crumbs; 1 cup brown sugar; 2 tbs. butter; nutmeg. Butter a pudding dish, put in a layer of apples, cover with a layer of raisins; sprinkle with some of the sugar; add bits of butter and a little nutmeg. Repeat until all the materials are used, having last layer bread crumbs. Dot with butter and sprinkle with sugar. Cover and bake in a hot oven until apples are tender. Uncover and brown. Serve with cream, hard or liquid sauce. Will serve eight persons.

HALF HOUR PUDDING.

Mrs. J. B. Ritchie.

Put in a sauce pan 3 cups of preserves, jelly or sauce of any kind. Add 1 cup of water and bring to a boil. Mix the following: 1 pt. flour; butter size of an egg; 1 tsp. soda: 2 tsp. cream tartar; salt. Mix with milk as stiff as can be stirred with a spoon. Drop in tbs. in the boiling preserves. Cover pan and boil 20 minutes. Serve with cream.

ST. GERMAINE PUDDING.

Mrs. Avery Casey.

Two cups cold cooked rice, sweetened and seasoned; ½ cup cream; ¼ tsp. vanilla; 1 cup apple sauce. Whip and sweeten cream and mix with rice. Place in alternate layers with the apple sauce, rice last. Decorate with whipped cream and cherries.

CHRISTMAS PUDDING.

Mrs. J. G. Gardiner.

1 lb. Malaga raisins cut in half; 1 lb. currants; 1 lb. white sugar; 3/4 lb. suet; 3/4 lb. soft bread crumbs, grated fine; 6 ozs. each citron, lemon, orange peels; 12 bitter almonds grated; juice and rind of 1 lemon and 1 large orange; 8 eggs, well beaten. Mix dry ingredients together, add fruit juices, lastly the eggs. Boil for 8 hours and boil extra 2 hours when using. Put in oven ten minutes before serving.

PLUM PUDDING.

Mrs. Henry Ward.

1 lb. raisins; 1 lb. currants, 1 lb. suet; $\frac{3}{4}$ lb. bread crumbs; $\frac{1}{4}$ lb. brown sugar; $\frac{1}{4}$ lb. flour; $\frac{1}{2}$ lb. candied peel; $\frac{1}{2}$ pt. fruit juice; 6 eggs; $\frac{1}{2}$ tsp. each mace and cinnamon; 1 tsp. ginger; $\frac{1}{2}$ grated nutmeg. Mix and boil 6 hours and steam 2 hours more at time of using.

PLUM PUDDING.

Mrs. J. W. Spears.

4 eggs: 2 ozs. flour; 2 tbs. brown sugar; ½ lb. currants; ½ lb. raisins; ½ lb. cup molasses; 1 tsp. cloves, scant; 1 tsp. each of cinnamon and salt; 1 nutmeg; ½ lb. suet; 6 ozs. bread crumbs soaked in ½ pt. milk. Steam in greased mould 3 hours.

CUP PUDDING.

Mrs. J. F. Bryant.

½ cup sugar; butter size of an egg; cream these. Add 2 well beaten eggs; ½ cup milk; 1 cup flour; 1 tsp. baking powder; 1 tsp. vanilla. Butter cups, put raspberry jam in bottom, half fill with the batter and steam for 1 hour. Sauce: 1 tbs. butter; 1 tbs. flour; 2 tbs. brown sugar; mix well together and add boiling water until of proper thickness. Add vanilla.

SNOW PUDDING.

Mrs. A. A. McNab.

Dissolve ½ a box of gelatine in 1 pt. of cold water; add 1 pt. of boiling water; grated rind and juice of 2 lemons; 2½ cups sugar. Let stand until cold and beginning to set, then beat in whites of 5 eggs, well beaten. Beat all together and put in moulds. Serve with the following sauce: 1 qt. rich milk; 5 yolks of eggs and 2 whole eggs. Add ½ cup sugar and flavor with vanilla.

MARSHMALLOW CREAM.

Mrs. J. G. Gardiner.

60 marshmallows, cut in 4s, 1 pt. whipped cream; 6 small oranges; 6 tbs. castor sugar; ½ cup chopped nuts, almonds preferred; ½ cup candied cherries. Dice the oranges and let stand 1 hour. Drain off juice and add pulp to marshmallow mixture and whipped cream. Put on ice until serving.

MARSHMALLOW WHIP.

Mrs. T. L. Brown.

 $\frac{1}{2}$ lb. marshmallows, $\frac{1}{2}$ pt. cream; soak over night or several hours, then whip very light. Garnish with nuts or Maraschino cherries and serve very cold.

SPANISH CREAM

Mrs. J. D. Denny.

1 oz. pkg. gelatine; 1 qt. milk; 1 cup sugar; 4 eggs; flavoring to suit taste. Let milk and gelatine stand for 1 hour; then beat and add the sugar and yolks of eggs well beaten. When thick add beaten whites and turn into mould to cool.

BAVARIAN CREAM.

Mrs. Robt. McKell.

1 can pineapple cut in small cubes; 1 cup sugar; $\frac{1}{2}$ package gelatine; 1 pt. whipped cream. Dissolve the gelatine and sugar in juice of pineapple; add all to the whipped cream. When partly cool whip and set to harden.

AMERICAN CREAM.

Mrs. Wm. Armour.

1 oz. gelatine 2 eggs; 1½ pt. milk; 2 ozs. sugar; 1 tsp. vanilla. Soak the gelatine in the milk till soft, then place in a double boiler the milk, sugar and gelatine and make warm enough to dissolve the gelatine. Beat yolks of eggs and add them slowly. Bring all to the boil, then add vanilla. Take pan off fire and when nearly cold whisk the whites of eggs and beat in lightly. Put in wet mould until set.

DATE CREAM.

Mrs. Colin Campbell.

¼ box gelatine; ¼ cup cold water in which gelatine is to be dissolved; ¼ cup scalded milk; ½ cup granulated sugar; 1 pt. whipping cream; whites of 2 eggs; 1 lb. dates. Add dissolved gelatine to scalded milk and sugar, then add this to whipped cream and dates, the latter stoned and cut in small pieces; last of all fold in the beaten egg whites.

ANGEL FOOD.

Mrs. W. A. Wilson.

11 whites of eggs; $1\frac{1}{2}$ cups sifted granulated sugar; 1 cup flour; 1 oz. vanilla or rose water; 1 level tsp. cream of tartar. Beat eggs stiff, add cream of tartar, vanilla and beat well. Add sugar, then flour, both of which are to be sifted 8 times. Bake 4 minutes in ungreased pan in slow oven.

ANGEL FOOD.

Miss Alice McClay.

1 cup chopped nuts; 1 small cup sugar; 2 eggs well beaten; 2 tbs. flour; 1 tsp. baking powder; 1 large apple diced; 1 cup dates cut fine. Mix in order given and bake ½ hour in slow oven. To be served cold with whipped cream.

PINEAPPLE SHAPE.

Mrs. E. E. Meek.

1 pt. pineapple cut in small squares; $1\frac{1}{2}$ tbs. gelatine; $\frac{1}{2}$ pt. whipped cream; whites of three eggs well beaten. Soak gelatine in water; put on stove and stir until melted. Add pineapple juice and strain. When cold and slightly set, fold in cream and whites of eggs. Add pineapple last and a few glace cherries. Serve with whipped cream, sweetened.

PINEAPPLE TAPIOCA CREAM.

Miss Jessie Christie.

½ cup tapioca; ½ tsp. salt; ½ cup granulated sugar; juice of ½ lemon; ½ can shredded pineapple; whites of 2 eggs, beaten. Soak tapioca over night in just enough water to cover tapioca nicely. Put on next day in a double boiler and add the salt and cook until clear. Then add the sugar and lemon, then pineapple and lastly the whites of eggs. Put in serving dish and cover with whipped cream.

PINEAPPLE DELICIOUS.

E.M.L.

Take a can of sliced pineapple; cut it up into dice; $\frac{1}{2}$ lb. sugar; some marshmallows, each 1 cut in 4. Soak the pinapple and marshmallows over night. Whip 1 cup of cream and mix with pineapple and marshmallow. No sugar necessary.

PINEAPPLE TAPIOCA.

Mrs. L. A. Thornton.

½ cup tapioca soaked over night. Boil until clear in enough water to cover, with a pinch of salt and ½ cup of sugar. Add ½ can pineapple chopped into small pieces. Set aside to cool and serve with sugar and cream.

PINEAPPLE SNOW.

Mrs. Geo. D. Sheppard.

Juice of 1 can pineapple; juice of 1 can cherries. Boil, then stir in 1 package Pineapple jelly powder. Add juice of 2 lemons and ½ cup white sugar. When this begins to harden add beaten whites of 3 eggs, sliced pineapple cut in small pieces, cherries and 3 sliced oranges. But in mould, decorate with walnuts. When cool and firm serve with whipped cream.

BANANA SHERBET.

Mrs. Buckley.

2 cups granulated sugar; 2 cups water; bring to a boil and cool. 4 bananas, crushed with silver fork; juice and rind of 1 lemon; juice of 2 oranges, if small; 1 if large; white of 1 egg beaten stiff. Add together and freeze for 15 minutes. May use 1 can grated pineapple in place of bananas, leaving out the orange.

BANANA WHIP.

Mrs. Walter Eilers.

6 ripe bananas; 2 tbs. sugar; 2 tbs. lemon juice; ½ cup chopped walnuts; whipped cream. Press the bananas through a puree sieve. Add the lemon juice, sugar and walnuts, finely chopped. Chill thoroughly and serve in sherbet glasses, garnished with whipped cream. If desired 1 tsp. of finely chipped mint may be added to banana pulp before chilling.

BANANA FLUFF.

Mrs. A. A. McNab.

Peel 3 bananas and cover with 2 tbs. lemon juice and 1 tbs. grape fruit juice. Allow to stand for 1 hour, then mash and beat, gradually adding ½ cup powdered sugar and the unbeaten whites of 3 eggs, 1 at a time. Then add 1 tsp. vanilla. Fill glasses 1-3 full of fresh fruit; add banana mixture and chopped nuts.

SPANISH APPLE DUMPLINGS.

Mrs. C. W. Ross.

4 cups flour; 6 tsp. baking powder; 2-3 cup butter; 1 cup milk; apples and nutmeg. Pare and chop apples fine; sift flour and baking powder together, mix in butter and add milk to make a stiff paste. Roll out ¼ inch thick, cut in large rounds, put 2 tbs. chopped apples in each. Put in a deep pan and add the following syrup: Four cups water; 2 cups sugar. Syrup should half cover dumplings. Bake 40 minutes in moderate oven.

MAPLE MAUSSE.

Mrs. Walter Eilers.

Put 1 cup of maple syrup in a double boiler. When hot pour it over three well beaten eggs. Return to double boiler and cook slowly until thick. Remove from fire and beat until cold. Add 1 pt. whipped cream. Put in mould and pack in ice, using more salt than you would for freezing ice cream.

FEAST FOR THE GODS.

Mrs. J. McIntosh.

1 lb. dates chopped fine; 1 tsp. soda on dates; 1 cup boiling water. Mix thoroughly. 1 tbs. butter melted; 1 cup sugar; 1 egg; salt. Add date mixture and 1 cup walnuts chopped, but not minced; 1½ cups flour. Bake half an hour in pan well lined with buttered paper. Serve with whipped cream.

ORANGE TRIFLE.

Mrs. H. C. M. Brown.

½ box gelatine or 2 tbs. granulated gelatine; 1 cup sugar; 1 cup orange juice; grated rind of 1 orange; 1 tbs. lemon juice; whip from 3½ cups of cream. Soak gelatine in ½ cup cold water, dissolve in ½ cup of boiling water; strain into a bowl and add sugar, orange juice, lemon juice and grated rind. Set bowl in pan of ice water and stir constantly until it begins to thicken, then fold in whipped cream, adding 1-3 at a time. Should gelatine mixture become too thick melt over hot water and again cool before adding whip. Mould and chill.

RHUBARB PUFF.

Mrs. Beach.

¼ cup butter; ½ cup sugar; ¼ cup milk; 1 cup pastry flour; 1½ tsp. baking powder; ½ tsp. salt; whites of 2 eggs, beaten stiff. Cream butter and sugar; sift-flour, salt and baking powder together; add alternately to sugar mixture with the milk; lastly fold in the egg whites. 3 cups cut rhubarb; ½ cup sugar; mix and divide into 8 greased cups, cover with batter and steam 20 minutes. Serve hot with the following sauce: 1 cup brown sugar; 2 tbs. flour; ½ tsp. salt; 1 tbs. butter; 1½ cups boiling water. Stir all together and bring to a boil.

LUNCHEON and SUPPER DISHES

"Rest after lunch; after supper walk."
Salerno School of Health.

CHEESE SOUFFLE.

Mrs. G. H. Barr.

3 tbs. butter; 3 tbs. flour; ½ tsp. salt; cayenne; ½ cup milk; 3 eggs; 1 cup grated cheese. Cook first 5 ingredients as white sauce 5 minutes; remove to back of range and add well beaten yolks of eggs and cheese. Set away to cool. When cold fold in the whites of the eggs beaten stiff. Turn into a buttered dish and bake in a slow oven about ½ hour. Serve at once.

CHOICE SUPPER DISH.

Mrs. Geo. Watt

Take a small quantity of ham and bread crumbs chopped fine. Grease patty pans and strew with ham and bread crumbs. Drop in an egg, sprinkle with ham and crumbs and bake in a hot oven for 10 minutes.

RED RABBIT.

Mrs. W. T. Mollard.

1 can tomatoes, solid part only; ½ Spanish onion; cook together; when bubbling add: 1 10c. can pimentos; 1 10c. can mushrooms (optional); 1 10c. bottle stuffed olives. When heated add: ¼ tsp. salt; ½ tsp. paprika; 2 large pinches red pepper; 1 pinch mustard. Last of all add 3 eggs. As soon as eggs are cooked serve on hot toast with cream cheese on side of plate, or with brown and white bread sandwiches.

RINKTUM TIDDY.

Mrs. Walter Eilers.

1 pt. canned tomatoes; 1 tbs. chopped onion; 1 tsp. salt; ½ lb. cheese; 1 tsp. sugar; 1 tsp. butter; ½ tsp. pepper; 1 egg; dash of cayenne pepper; buttered toast or crackers. Heat the tomatoes and add all the seasonings. When hot melt in it the cheese cut in bits, adding it gradually while stirring constantly. When smooth add the butter and the egg beaten, stirring all the time. Serve on slices of hot buttered toast or crackers.

BOSTON BAKED BEANS.

Mrs. James Quigley.

3 cups of beans; 1 lb. pickled pork; 2 tsp. salt; 1 tbs. molasses; 2 tbs. sugar; 1 tsp. mustard; 1 cup boiling water; 1 small onion. Wash and soak the beans over night. Drain and cover with cold water and add ½ tsp. soda. Boil ten minutes and drain. Rinse beans in cold water. Peel and place onion in bottom of bean pot. Cut slices of pork and cover bottom of pot. Add half the beans and a piece of pork and cover with remainder of the beans. Mix salt, sugar and mustard. Add molasses and stir well. Add boiling water and when seasonings are well dissolved pour over beans. Add enough boiling water to cover beans. Cover bean pot and bake about six hours. Add water as necessary. Draw the pork to the top of beans to brown. The liquor should cook away about half.

CHICKEN EN CASSEROLE.

Mrs. C. J. Turnbull.

Cut up chicken in pieces, flour and fry a nice brown. Boil a cup of rice, make a thin white sauce with a chopped onion added, also seasoning. Put rice in casserole, then lay on chicken. Pour over the sauce and cook slowly for $1\frac{1}{2}$ hours.

BEEF SOUFFLE.

Mrs. Grover Peverley.

1 tbs. butter, or more; 1 tbs. flour; 1 cup milk, for white sauce. To this add 2 cups cold chopped beef left over from the roast; yolks of two eggs well beaten; salt and pepper; 1 tsp. chopped parsley. Mix all well together then add the whites of the eggs beaten to a stiff froth. Put into a buttered tin and bake 20 minutes.

BEEF SOUFFLE.

Mrs. E. M. Little.

1 large ths. butter; 1 ths. flour; 1 cup milk; 2 cups of cold beef cut fine; 2 eggs beaten separately, whites folded in last. Season with parsley or a little sage. Bake about 20 minutes.

CHEESE PUFFS.

Mrs. G. H. Disbrow.

2 eggs, 1 cup grated cheese; 1 cup flour; 1 cup milk; 1 tsp. baking powder; a little salt and pepper. Beat eggs well and add milk. Sift together flour, baking powder and seasoning; add to milk and eggs, then add cheese and beat well. Drop by spoonful into hot fat and fry until golden brown. Drain and serve with powdered sugar or lemon sauce.

POLISH EGGS.

Mrs. W. J. Stewart.

Cook together for 5 minutes, $\frac{1}{2}$ can tomatoes; 1 tbs. butter; 1 tsp. salt; $\frac{1}{2}$ tsp. pepper. Add 1 tsp. corn starch dissolved in a little water: When hot stir in three slightly beaten eggs. Serve on slices of toast.

CHICKEN A LA CASSEROLE

Mrs. John A. Reid.

Cut chicken in small pieces. Place in casserole with 4 small onions and 4 potatoes. Season with pepper and salt. Add a little water and bake until tender.

WELSH RAREBIT.

Mrs. T. J. How.

Melt 1 tbs. butter; add salt and a dash of mustard and pepper; 1 cup grated cheese. When melted add 1 cup milk and 1 beaten egg. Stir until mixture thickens and is smooth. Serve at once on wafers or toast.

WELSH RAREBIT.

Miss V. K. McMillan.

1¼ cups grated cheese; 2 tsp. butter; 1 tsp. mustard; ¼ cup milk; 1 egg; salt; cayenne; toast. Place cheese in double boiler, sprinkle over mixed seasonings. Add milk and butter in small pieces. When cheese is melted stir in the well beaten egg. Cook a moment and serve on toast or soda biscuits.

CHEESE SOUFFLE.

Mrs. A. Macdonald.

½ cup Kraft cheese cut up fine; ¼ cup flour; 3 eggs; ¼ cup butter; 1 cup milk. Season with salt, a little paprika and onion juice. Prepare a white sauce with flour, butter and milk. Add cheese and cook till thick, stirring constantly. Add yolks of eggs, salt, paprika and one tsp. onion juice. Mix carefully and fold in beaten whites of eggs. Turn into greased dish and bake till firm.

CASSEROLE STEW.

Mrs. Harry K. Brown.

2 lbs. neck of lamb, cut in pieces and rolled in flour; 2 onions; 2 carrots; peas and beans; 2 tbs. butter; 1 potato; 2 cups water; salt and pepper. Melt butter in pan and sear each piece of meat; pour 2 cups of boiling water over all and place in casserole. Cut up onions, carrots, peas, and beans in small pieces and add to stew, almost cover with water; put cover on casserole and bake in a slow oven until meat is tender. Canned peas and beans may be used if fresh ones are not obtainable, but stew is best when fresh vegetables are used.

ESCALLOPED MACARONI WITH CHEESE. Mrs. C. James.

 $1\frac{1}{2}$ cups condensed milk; 3 cups cooked, drained macaroni, cut in 2 inch lengths; $1\frac{1}{4}$ cups grated cheese; $1\frac{1}{2}$ tbs. flour; $1\frac{1}{2}$ tbs. butter; $\frac{1}{2}$ tsp. salt; $\frac{1}{8}$ tsp. paprika.

Make a white sauce of the flour, seasonings, butter and milk undiluted. Thoroughly oil a shallow baking dish, put in a layer of macaroni, then one of cheese continuing until all is used and making the last layer of cheese. Bake in a moderate oven until browned.

SALMON LOAF.

Mrs. Lockerbie.

1 can salmon; 2 eggs, ½ cup bread crumbs; ½ cup milk; ½ can peas; 1 tsp. salt; ½ tsp. pepper.

Mix together and bake until brown.

SALMON LOAF.

Mrs. R. Fuller.

1 can salmon picked fine with a fork; 2 eggs; 2 tbs. butter; 3/4 cup bread crumbs; salt and pepper to taste. Combine ingredients and steam 1 hour in a qt. bowl. Serve with white sauce.

SALMON LOAF.

Mrs. J. A. Allan.

1½ tbs. gelatine; ¼ cup water; ½ tbs. salt; ½ tbs. mustard; 1 tbs. sugar; 2 eggs, ¾ cup milk; ¼ cup vinegar; 2 cups salmon. Soak gelatine in water; mix together salt, mustard and sugar and add the eggs slightly beaten and the milk. Then add very slowly the vinegar and cook in a double boiler. Add the dissolved gelatine and salmon. Put in a mould and serve when cold.

SALMON AND RICE LOAF.

Mrs. David Low.

1 envelope Knox gelatine; ¼ cup cold water; 1 tsp. salt; ½ tsp. pepper; 1 can salmon, large; 1 cup rice, uncooked; ¾ cup milk; 1 tbs. butter, melted. Cook rice with either milk or water in double boiler; soften gelatine in the cold water and dissolve by adding the hot milk; add seasonings, butter and salmon and ½ of the cooked rice. Pour into wet mould and let stand until set. Take remaining rice and add butter, milk, pepper and salt; gelatine and cold water—same quantities as in former mixture substituting 2 tsp. curry powder for salmon. Place this on top of mixture already in mould and leave to set.

SALMON LOAF WITH RICE.

Mrs. T. L. Brown.

1 can of red salmon; 2 cups hot boiled rice; 2 eggs well beaten; 2 tbs. butter; juice of ½ a lemon; salt and pepper to taste. Mix. Bake in covered pan set in water 1 hour. Serve with tomato sauce made by straining and slightly thickening a cup of canned tomatoes seasoned.

MACARONI AND CHEESE.

Miss Ruby B. Riddell.

Boil 1 cup macaroni in salted water till tender; drain and wash. Make white sauce as follows: 3 tbs. flour; 3 tbs. butter; 1 cup milk; salt and pepper. Cook five minutes. Add 1 cup cheese; stir till dissolved. Add sauce to macaroni. Cover with buttered bread crumbs (1 cup crumbs to 2 tbs. butter). Bake in oven till brown.

ROYAL SCALLOP TEA DISH.

Mrs. L. A. Thornton.

6 hard boiled eggs; 1 cup chopped ham; white sauce of 3 tbs. butter; 3 tbs. flour and $1\frac{1}{2}$ cups milk, salt and pepper. Put in alternate layers in baking dish with bread crumbs on top and bake till crumbs are brown.

ABERDEEN ROLL.

Mrs. Gordon Forbes

1 lb. round steak; ½ lb. lean ham; 6 ozs. fresh white bread crumbs; 1 small onion; 2 eggs and a little milk; pepper and salt. Put steak, ham and onion through the meat chopper. Add other ingredients and mix well. Roll in wet cloth and boil 2½ hours. When almost cold glaze with a little gelatine and bovril.

CHEESE FONDUE.

Mrs. Reginald Balfour.

1 cup scalded milk; 1 cup soft stale bread crumbs; ¼ lb. mild cheese cut in small pieces; 1 tbs. melted butter; ½ tsp. salt; yolks of 3 eggs; whites of 3 eggs. Mix first 5 ingredients and add yolks, beaten until lemon colored; then fold in the whites of eggs, beaten until stiff. Pour into a buttered baking dish and bake in a moderate oven 20 minutes.

JAPANESE EGGS.

Mrs. Reginald Balfour.

1 cup cooked rice; ½ pt. cream sauce; 6 eggs; 1 tbs. chopped parsley. Boil eggs until hard, remove shells while hot and cut crosswise in halves. Drain and place rice on a meat platter and press eggs down into rice. Pour cream sauce over rice and add a little grated onion. Garnish with parsley.

DEVILLED EGGS.

Mrs. W. H. McEwen.

Boil eggs 20 minutes; cut in halves and remove yolks. Mash yolks and mix with a little onion and chopped lettuce. Add pepper, salt and mustard and moisten with vinegar. Stuff whites with this mixture.

STUFFED ONIONS.

Mrs. R. S. Patton.

As many medium sized onions as required. Scoop out centres and fill with sausage meat. Bake and serve with cream sauce; garnish with sliced hard boiled eggs.

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SUPPER DISH.

Mrs. O. E. Rothwell.

½ package macaroni, cooked; 1 lb. round steak chopped; ½ can tomatoes; ½ cup grated cheese; ½ cup bread crumbs; 3 tbs. butter; ½ onion; salt and pepper. Bake 1 hour covered.

NEVER FAIL OMELETTE.

Mrs. W. R. Bell.

6 eggs, beaten separately, adding whites last; 1 cup milk; 6 tsp. cornstarch; 1 tsp. baking powder. Pour mixture into buttered omelette pan and sprinkle with salt. Roll when it begins to cook.

CHEESE OMELETTE.

Mrs. R. Sinton.

6 eggs beaten separately, whites very stiff; $\frac{1}{2}$ tsp. salt; a very little cayenne; $\frac{1}{2}$ cup grated cheese; 3 tbs. water; $\frac{1}{4}$ tsp. cream of tartar. To the well beaten yolks add salt, pepper, water and cheese. Fold in the whites of eggs and pour into a pan which has been well heated and 2 tbs. of butter melted in it. Cook for a few minutes on top of range and then place in oven for 15 minutes.

BREAD CRUMB OMELETTE.

Mrs. L. Good.

Pour 2 cups of boiling milk over 2 cups of bread crumbs. Beat 7 eggs until light; salt. Add milk and bread crumbs and bake in a shallow greased pan.

SPAGHETTI WITH CHEESE.

Mrs. F. J. Ball.

Break the desired amount of spaghetti into small pieces; boil in salt water 20 minutes. Drain through a sieve; cover the bottom of a baking dish with the spaghetti and cover this with a thick layer of grated cheese. Sprinkle on a little salt and paprika and add bits of butter alternating these layers until the dish is nearly full, having the last layer cheese. Pour in enough milk to cover. Bake in a moderate oven 30 minutes.

BREAD, ROLLS, SCONES, Etc.

"Now for the tea of our host,
Now for the rollicking bun,
Now for the muffin and toast,
Now for the gay Sally Lunn!"
Sir William Gilbert.

WHITE BREAD.

Mrs. R. Sinton.

1 pt. milk; 1 pt. potato water; 4 tsp. salt; ½ yeast cake or ½ cup home made yeast, if mixed at night, or two yeast cakes if mixed in morning. Scald milk, add water and salt. When lukewarm add dissolved yeast and sufficient flour to make a thick batter or sponge. Beat thoroughly. If made overnight, cover and let stand in a warm place. When light, add flour to make a moderately stiff dough. Turn from the bowl on floured baking board, knead, adding flour if necessary, until dough is soft and elastic. Return to bowl, moisten, cover, and let rise until double in bulk. Cut down, knead slightly, divide in four. Mould each portion into a loaf, put in greased pan, moisten, cover lightly and stand in a warm place. When doubled in bulk bake 45 to 60 minutes. If bread is started in morning, raising of sponge may be omitted; make stiff dough, knead well; stand in warm place until doubled; shape into loaves, let rise again and bake.

BROWN BREAD.

Mrs. W. M. Shirriff.

2 cups graham flour; 1 cup white flour; 1 tsp. baking powder; 1 tsp. salt; $\frac{1}{2}$ cup brown sugar; $2\frac{1}{2}$ cups sour milk; 2 tsp. baking soda. Bake 1 hour.

BROWN BREAD.

Mrs. J. C. Low.

1 egg, $\frac{3}{4}$ cup brown sugar; $\frac{1}{2}$ cup molasses; $1\frac{1}{2}$ tsp. soda; $1\frac{1}{2}$ cups sour milk; 2 cups graham flour; 1 cup whole wheat flour; 1 cup raisins. Steam 3 hours.

BOSTON BROWN BREAD.

Miss V. K. McMillan.

1 cup rye meal; 1 cup granulated corn meal; 1 cup graham flour; 2 tsp. soda; 1 tsp. salt, $\frac{3}{4}$ cup molasses; 2 cups sour milk or $1\frac{3}{4}$ sweet milk and water. Mix and sift dry ingredients, add molasses and milk; stir until well mixed, turn into a well buttered mould and steam $3\frac{1}{2}$ hours. The cover should be buttered and then tied down with a string. Never fill mould more than 2-3 full. Baking powder tins make good moulds.

STEAMED BOSTON BROWN BREAD. Mrs. L. A. Thornton

3 cups graham flour; $\frac{1}{2}$ cup cracked wheat; $\frac{1}{2}$ cup white flour; $\frac{1}{2}$ cup golden syrup; 1 cup sour milk; 1 tsp. each of salt and soda; 1 cup raisins. Put in buttered tins $\frac{1}{2}$ full and steam, partially covered for three hours.

GRAHAM BREAD.

Mrs. Burrill.

1 cup molasses; $1\frac{1}{2}$ cups sweet milk; 4 cups Graham flour; 1 tsp. soda; raisins, nuts and spices to taste. Cook in moderate oven.

CORN BREAD.

Mrs. J. C. Low.

1 cup sweet milk; 1 tbs. sugar; ½ tsp. salt; lump butter size of an egg; 1 cup flour; 1 cup cornmeal; 2 eggs; 2 tsp. baking powder (heating). Bake in flat pan about ½ an hour.

STEAMED CORN BREAD.

Mrs. E.E. Sampson.

2 cups each corn meal, graham flour, and sour milk; 2-3 cup molasses; 1 tsp. soda; 1 tsp. salt; put this quantity in 5 baking powder tins. Steam $2\frac{1}{2}$ hours and bake $\frac{1}{2}$ an hour.

SUCCESS BREAD.

Mrs. A. L. McLean.

2 cups Graham flour; 1 cup white flour; $\frac{1}{2}$ cup corn meal; 1 cup brown sugar; $\frac{1}{2}$ cups raisins; 2 cups sour milk; 2 tsp. soda; 1 tsp. salt. Mix like biscuit dough and bake in 2 coffee tins with lids on tight.

OATMEAL BREAD.

Mrs. D.D. Campbell.

1 cup rolled oats; 1 pt. boiling water; 1 cup Domolco molasses; 4 cups flour; 1 cake compressed yeast dissolved in 1-3 cup warm water or 1 cup home made yeast; 1 tsp. salt; 1 tsp. butter. Pour boiling water over oatmeal and butter. Let stand 1 hour. Add molasses, salt, yeast and flour; Let rise over night. Shape in loaves using as little flour as possible. Let rise until light and bake 1 hour in quite hot oven.

DATE BREAD.

Mrs. R. G. McNamara.

34 cup butter; 1 cup white sugar; 2 eggs; 1 cup sweet milk; 2½ cups flour (Graham or white); 1 tsp. baking powder; ½ tsp. soda; 1 package dates; 1 cup walnuts. Let raise twenty minutes and bake in a moderate oven.

DATE BREAD.

Miss J. Aitken.

1 cup brown sugar; 1 egg; 1 tbs. butter; 1 package dates; 1 tsp. soda; 1 cup boiling water; ½ cup walnuts; 2 cups flour; ½ tsp. salt; vanilla; pour boiling water on dates and put in soda. Let bubble on stove. Remove and cool before adding it to the mixture. Bake in moderate oven.

DATE LOAF.

Mrs. W. D. Mair.

1 cup brown sugar; 1 egg; 1 tsp. butter; 2 cups flour; ½ cup walnuts; ½ tsp. salt; ½ tsp. vanilla; 1 package dates. Cut dates in half; put 1 tsp. soda over and then cover with 1 cup boiling water and let cool. Add egg and vanilla. Mix dry ingredients and add. Bake almost 1 hour in moderate oven.

DATE LOAF.

Miss Jessie B. Christie.

Cream together; 1 cup brown sugar; ½ cup butter; 2 eggs; ½ cup warm water; 1½ cups flour with 1 tsp. soda in the flour; 1 lb. chopped dates; ½ cup walnuts chopped fine; 1 tsp. vanilla. Bake in a moderate oven.

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DATE LOAF.

Mrs. W. D. Craig.

1 cup dates cut up; 1 tsp. soda; 1 tsp. salt; 1 egg; 2 tbs. butter; 1 cup boiling water; 1 tsp. vanilla; 3/4 cup sugar; 1½ cups flour; ½ cup walnuts. Scald dates with soda and boiling water. Add other ingredients.

NUT BREAD.

Mrs. W. J. Hill.

1 lb. dates cut small; 1 tsp. soda. Pour over them 1 cup boiling water. Let cool. $\frac{1}{2}$ cup butter; 1 cup brown sugar; 1 cup walnuts; 1 egg well beaten; 1 cup white flour; $1\frac{1}{2}$ cups graham flour. Slow oven $\frac{3}{4}$ or 1 hour.

NUT BROWN BREAD.

Mrs. R. R. Macfarlane.

2 cups white flour; 2 cups graham flour; 2 cups milk; 1 cup chopped walnuts; ½ cup molasses; 1 tsp. soda; 1 tsp. salt; 1 cup brown sugar. Beat soda into molasses until it foams well. Add last. Bake in a slow oven 1 hour.

NUT BREAD.

Mrs. E. E. Sampson.

2 cups flour; 1 cup walnuts; 1 cup milk; 1 egg; ½ half tsp. salt; 1-3 cup sugar; 2 tsp. baking powder. Mix and let rise 20 minutes in a pan; bake 1 hour.

NUT BREAD.

Mrs. J. S. Errington.

4 cups sifted flour; 4 tsp. baking powder (scant); 1 tsp. salt; $\frac{1}{2}$ cup white sugar; 1 cup broken walnuts or 1 package of dates; 1 egg; $1\frac{1}{2}$ cups milk. Mix very stiff and let rise 20 minutes in warm place; bake $\frac{3}{4}$ of an hour.

DATE AND NUT LOAF

Miss Ann B. Shepphard.

34 cup butter; 1 cup castor or granulated sugar; 2 eggs beaten; 1 tsp. baking soda in 14 cup boiling water; 2 scant cups flour; pinch salt; 1 lb dates in large pieces; 1 large cup chopped walnuts. Bake for 1 hour.

BRAN LOAF.

Mrs. M. S. McLeod.

Small ½ cup brown sugar; 2 tbs. molasses 1 tsp. cinnamon; ½ tsp. salt; about 1 cup raisins or dates chopped; 2 cups buttermilk; 1 tsp. soda; 2 cups flour; 2 cups bran. Bake in a slow oven.

SCONES.

Mrs. H. J. Crowe.

3 cups flour; small ½ cup sugar; 6 level tbs. butter; ½ cup raisins; few pieces of chopped lemon peel; ½ tsp. nutmeg and mace; pinch of salt; 2 tsp. baking powder; 1 egg; sufficient milk to mix to a light dough. Mix flour, sugar, salt and spices together; add the fruit mix to a dough with the egg and milk. Cut into 3 pieces, roll each piece into a round cake; cut in 4; brush over with egg. Bake in a moderate oven 20 minutes.

SCONES.

Miss Amelia Cox.

2 cups flour; 2 tsp. cream tartar; 1 tsp. soda; pinch salt; 1 tbs. lard; 1 tbs. butter; 3 tbs. sugar; 1 egg; ½ cup sweet milk. Roll out and cut in triangles.

SCONES.

Mrs. J. McCombie.

4 cups flour; 1 heaping tsp. soda; 2 heaping tsp. cream of tartar; 1 heaping tsp. salt; 4 tbs. lard; 1 tbs. sugar; 1½ large cups milk. Mix dry ingredients; add milk to make rather soft dough, roll out ½ an inch thick; cut with biscuit cutter and bake 10 minutes in a brisk oven.

SWEET SCONES.

Mrs. J. H. Reid.

Sift 3 cups flour, $2\frac{1}{2}$ tsp. baking podwer and a pinch of salt. Mix in 1 cup white sugar; work in 1 cup butter as for pie. Add 1 cup raisins. Put white of 1 egg in $\frac{1}{2}$ cup of milk, flavor with vanilla and add mixture to dough. Roll out squares not too thin. Beat yolk of egg and rub over top. Cut in squares and bake in unbuttered tin in moderate oven.

SWEET SCONES.

Mrs. James Rutley.

 $2\frac{1}{2}$ cups of flour; $\frac{1}{2}$ cup lard; $\frac{1}{2}$ cup sugar. Mix well with a pinch of salt and 2 heaping tsp. baking powder. 1 egg, well beaten; add it to $\frac{3}{4}$ cup milk. Stir egg and milk into other ingredients making a soft dough. Roll out on board; cut into squares and bake 20 minutes in quick oven.

STANDARD MUFFIN RECIPE.

Mrs. M. D. McCuaig.

1½ cups flour, 3 tsp. baking powder; 1-3 tsp. salt; 3 tbs. sugar; 1 egg; ½ cup milk; 3 tbs. shortening; flavoring. Sift the dry ingredients together. Mix the softened shortening, sugar and egg together, then alternately add the flour etc with the milk. Grease muffin tins, drop a spoonful of the mixture in each and bake in a hot oven 20 to 25 minutes.

SPICED MUFFINS.

Mrs. L. A. Whitley.

2 eggs, ¾ cup sugar; ¼ cup butter; 1 cup milk, watered; 2 cups flour; 1 tbs. molasses; 3 tsp. baking powder; ½ tsp. cassia; ½ tsp. nutmeg; salt; Add a few raisins and nuts. Bake in muffin tins ½ an hour.

MUFFINS.

Mrs. Robt. Martin.

2 cups flour; 4 level tsp. baking powder; ½ tsp. salt; 2 tbs. sugar; 1 cup milk; 2 tbs. melted butter; 1 egg. Bake in gem pans in a rather quick oven.

TWIN MOUNTAIN MUFFINS.

Mrs. C. E. McQuaid.

1/4 cup butter; 1/4 cup sugar; 1/2 tsp. salt; 1 egg; 1 cup milk; 2 cups flour; 5 tsp. baking powder. Bake in buttered gem pans 25 minutes.

DATE MUFFINS.

Mrs. Grover Peverley.

14 cup butter; 1 egg, well beaten; 1 cup milk; 1 pt. flour; 3 level tsp. baking powder; ½ lb. dates. chopped fine. Cream butter, add egg and beat in the dates Add alternately the milk and the flour to which the baking powder has been added. Beat thoroughly and bake 20 minutes in buttered tins.

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GRAHAM MUFFINS.

Mrs. W. D. Cowan.

1 egg; 2 tbs. melted butter; 2 tbs. sugar; 2 tsp. cream of tartar mixed with flour; 1 tsp. soda dissolved in 1 cup sweet milk; 1 cup graham flour and enough white flour to make a stiff batter; a little salt. Bake in muffin rings or gem pans in a quick oven.

COCOANUT DATE MUFFINS. Miss Jessie B. Christie.

1 cup grated cocoanut; 2 eggs; 3 tbs. sugar; 1 cup sweet milk; 2 cups sifted flour; 2 tsp. baking powder; ½ tsp. salt. Beat eggs well, cream butter and sugar, add eggs and milk and beat; then flour and baking powder and beat well. Add cocoanut and drop a tsp. into greased muffin tin. Put a stoned date on top and another spoonful of batter on that and bake until brown. Jam will do instead of dates or leave out cocoanut and add 1 cup of bran for bran muffins.

BRAN MUFFINS.

Mrs. H. G. Phillips.

 $1\frac{1}{2}$ cups Tillson's Health Bran; 1 cup flour; 2 tsp. baking powder; $\frac{1}{2}$ cup brown sugar; 1 tbs. butter; 1 cup sweet milk; 1 egg. Mix dry ingredients thoroughly; add well beaten egg and milk. Stir and drop into muffin tins.

BRAN MUFFINS.

Mrs. W. G. Pettingell.

½ cup shortening; 4 tbs. sugar; 2½ cups buttermilk; ½ tsp. salt; ½ tsp. cassia; 2 cups flour; ½ cup edible bran or Roman meal; 1 tsp. baking powder; 1 tsp. baking soda. Put milk in mixing bowl. Add soda and salt and beat until foamy. Melt butter and add to milk. Then add sugar, flour, bran or meal, cassia and baking powder. Mix well and drop in greased muffin tins. This makes about 16 muffins.

PANCAKES WITHOUT EGGS.

Mrs. J. C. Low.

 $1\frac{1}{2}$ cups flour; $\frac{1}{2}$ tsp. soda sifted in the flour; pinch of salt; Wet the flour to the right consistency with sour milk.

BREAD CRUMB PANCAKES.

Mrs. H. McGillivray.

2 cups bread crumbs; 2 cups sweet milk; 2 eggs; 1 tbs. butter; 1 cup flour; 2 tsp. baking powder; ½ tsp. salt. Soak crumbs in milk; beat to paste. Add melted butter, then eggs, salt and flour with baking powder sifted in it.

CHELSEA BUNS.

34 cup butter; 34 cup sugar. Mix to a cream and put to one side. 1 egg; 34 cup sweet milk; 4 cups flour sifted with 1 tsp. soda and 2 of cream of tartar. Roll out an inch thick, spread with butter and sugar laid aside. Then roll like a rolled jelly cake, cut in buns and put in well greased pans. Bake in quick oven about 15 minutes.

LUNCHEON BISCUITS.

Mrs. P. C. Cameron.

2 cups of flour; 2 tsp. sugar; 2 tsp. baking powder; 1 tsp. grated cheese, butter size of a walnut. Mix soft with sweet milk.

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TEA BISCUITS.

Mrs. A. W. McGregor.

3 cups flour; 2 tsp. baking powder; 3 tbs. butter. Rub butter and flour together and wet with milk or water. Bake in hot oven.

BAKING POWDER BISCUIT.

Mrs. M. J. McNeel

2 cups flour; 1 tsp. salt; 4 tsp. baking powder; 2 tbs. butter; 1 cup milk. Sift the dry ingredients, mix in shortening, then add milk. Toss lightly on a board lightly dredged with flour. Knead gently, then pat with rolling pin into a sheet. Cut in rounds and bake about 15 minutes.

ABERNETHY BISCUITS.

Mrs. Whiteford.

2 lbs. flour; 4 ozs. sugar; 4 ozs. butter; $\frac{1}{2}$ lb. lard; $\frac{1}{2}$ tsp. baking ammonia dissolved in a cup of hot milk. Mix as you would pie paste, roll out about $\frac{1}{4}$ inch thick, cut with biscuit cutter, prick over with a fork, brush top with sweet milk and bake in moderate oven.

LIGHT ROLLS.

Mrs. J. C. Low.

Melt ½ cup butter in the pan that rolls are to be baked in. Take enough risen dough for the desired number of rolls. Place this in the melted butter and work the butter thoroughly through it with the hands. Roll out on the board, cut into biscuits brush the tops of each with melted butter and fold over in the middle. Let rise very light and bake in a moderate oven.

PARKER HOUSE ROLLS.

Mrs. James Quigley.

1 cup scalded milk; 2 tbs. butter; 1 tbs. sugar; 1 salt spoon salt; ½ Royal Yeast Cake dissolved in ¼ cup water. Scald milk, add butter, sugar and salt. Cool and when lukewarm add dissolved yeast cake and 1½ cups flour. Stir well and let stand over night. In the morning add enough flour to knead. Let rise, then roll out 1 inch thick. Cut with biscuit cutter and brush each piece with melted butter. Let rise again and bake about 25 minutes in moderate oven.

CINNAMON ROLLS.

Mrs. E. E. Sampson.

Take a piece of light bread dough and work in a little butter and sugar. Let it rise, then roll out $\frac{1}{2}$ an inch thick, spread a thick layer of butter and sugar on it and sprinkle with cinnamon, also currants if desired. Then roll in a tight roll as you would jelly cake and cut into slices 1 inch thick, set to rise and sprinkle again with sugar and cinnamon. Bake $\frac{1}{2}$ an hour in a slow oven.

SANDWICHES

"Insipid things-like sandwiches of veal."

SANDWICHES.

Mrs. C. B. Burnyeat.

Use bead 1 day old. Cut slices very thin. Cream butter and spread before cutting from loaf. Spread one half slices with various fillings. Cut into shapes. Keep fresh by wrapping in napkin wrung as dry as possible out of hot water. Filling: Equal parts of grated cheese and chopped olives moistened with salad dressing.

HAM AND CELERY SANDWICHES

Mrs. J. W. Wright.

Put through the mincer 1 cup cooked ham and ¼ cup celery. Mix with mayonnaise dressing and spread between thin slices of buttered bread. Other kinds of meat or poultry may be substituted for ham.

HARLEQUIN SANDWICHES WITH CHEESE Mrs. J. McLeod.

Cut ½ inch slices of both brown and white bread. Spread slices with butter and cream cheese and place four of these slices together, alternating the brown bread with the white. When well pressed together slice through the four layers, cutting them as thin as possible without allowing the slices to break.

BROWN BREAD SANDWICHES.

Mrs. Lockberie.

½ cup dates, steamed until soft; ½ cup chopped walnuts; juice of one small lemon. Mix together and spread between slices of buttered brown bread.

CHEESE AND CELERY SANDWICHES Mrs. James Elliott.

Mince together equal parts of cheese and celery. Moisten with salad dressing. Spread between slices of lightly buttered bread.

CHEESE AND NUT SANDWICHES. Mrs. Murdoch McKinnon

To each cream cheese add a dash of paprika and salt and a cup of walnuts ground in meat chopper. Spread mixture on thin slices of brown bread brushed with melted butter.

CHEESE SANDWICH FILLING.

Mrs. Edgar Ruggles.

Cream 2 tbs. butter and $1\frac{1}{2}$ tbs. flour. Cook in a $\frac{1}{2}$ pt. of milk to a thick paste. Remove from fire and add salt and paprika to taste and $\frac{1}{2}$ tsp. of French mustard and 1 cup grated cheese. Mix well. For variety add pimento or walnuts chopped fine.

DATE SANDWICHES.

Mrs. J. W. Wright.

Mince dates fine, add water, cooking them in a double boiler until they are soft and pasty. Cool and add ½ tsp. of lemon juice. Spread on finely cut bread and sprinkle with chopped nuts.

DATE AND NUT SANDWICHES.

Mrs. K. Ross.

1 lemon; pinch of salt; ½ lb. stewed dates; 1 cup chopped nuts. Slice bread thin and cut with fancy cutter. Rub the dates through a sieve; add salt, nut meats and strained lemon juice. Mix and spread with lettuce leaves. Salad dressing may be used instead of lemon juice.

ALMOND SANDWICHES.

Mrs. James McLeod.

1-3 cup almonds, 2-3 cup celery; 1/4 cup mayonnaise. Chop almonds fine and mix with twice their bulk of celery. Moisten with mayonnaise.

SANDWICH LOAF.

Miss Jean Craig.

1 loaf sandwich bread; 2 Ingersoll cream cheese; 1 small bottle stuffed olives; 1 bunch celery; 1 can tomato soup; 1 box gelatine; 1 pt. mayonnaise; 2 cans Tuna fiish. Remove crust from sides and ends of loaf. Cut loaf twice lengthwise—in three pieces. Spread first layer with the mixture of Tuna fish and chopped celery, mixed with mayonnaise. Spread second layer with mixture of cream cheese and olives mixed with mayonnaise. Cover with third piece of bread and then make a tomato jelly of the soup and gelatine and just before it is real stiff spread over the loaf and down the sides, covering it all. Set in cool place. Slice and serve with a drop of mayonnaise on lettuce.

TOMATO RAREBIT FOR SANDWICHES Mrs. E.M. Little.

Melt 1 tbs. of butter and $\frac{1}{2}$ lb. of cheese grated or cut fine; $\frac{1}{4}$ tsp. each of salt, soda and paprika. Stir constantly over hot water until the cheese is melted. Add the beaten yolks of 2 eggs mixed with $\frac{1}{2}$ cup of strained tomato; 2 tbs. of pimento cut in small pieces. Stir until smooth and slightly thickened.

BACON AND EGG SANDWICHES.

Mrs. Goodwin.

9 slices of bacon fried; 5 hard boiled eggs. Add pickles for seasoning. Grind all through the food chopper, then spread on slices of bread. This supplies filling for one large loaf.

HORSE RADISH SANDWICHES.

Mrs. Mewhiney.

6 tsp. butter; 4 tsp. grated horse radish; 1 tsp. lemon juice. Rub to a paste for sandwich filling.

CHICKEN SANDWICHES

Mrs. James McLeod.

34 cup cooked chicken meat; 14 cup chopped olives; 14 cup chopped almonds; 14 cup mayonnaise. Cut the chicken into small bits and add the almonds and olives. Moisten with mayonnaise and spread on thin slices of buttered sandwich bread.

JITNEY SANDWICHES.

Mrs. L. S. Harker.

Mince very fine ½ lb. boiled ham; 1 small bottle olives or same of sweet pickles; 2 tbs. cheese; 1 tbs. pimentoes; salt and pepper to taste. Moisten with salad dressing. Spread on slices of brown bread. Garnish with lettuce and serve.

NUT AND OLIVE SANDWICHES.

Mrs. Lockerbie.

Chop equal quantities of nuts, either walnuts or pecans or peanut butter, and olives. Moisten with salad dressing and spread between thin slices of buttered bread.

CAKES

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Martin Chuzzlewit.

JELLY ROLL.

Mrs. Robt. McKell.

3 eggs, well beaten; small cup of sugar; 3 tbs. sweet milk; 1 cup flour; 1 tsp. baking powder. Bake in hot oven. Have cloth size of cake wrung very tight out of cold water. Sprinkle with fine sugar and turn cake on to the cloth. Spread with lemon filling and roll at once. Do not remove cloth until cake is cold. Filling is made as follows: 1 cup of boiling water in top of double boiler. Stir in 1 tsp. of flour made smooth in as little water as possible; ½ cup sugar; juice of 1 lemon and 1 egg. Cook about 3 or 4 minutes and have it ready to spread when cake is taken from the oven.

ROLLED JELLY CAKE.

Mrs. W. McIntyre.

3 eggs; 1 cup fine sugar; 1 cup flour; beat the eggs until light, then add sugar; 2 tbs. water; pinch of salt and lastly the flour in which should be sifted a heaping tsp. of baking powder. Bake in a long shallow pan, well greased. Turn out on a damp towel on a bread board. Cover with jelly or raspberry jam and roll while warm.

ROLL CAKE.

Miss Cora Taylor.

4 eggs; 1 small cup granulated sugar; 1 dsp. water; 1 full cup flour; 1 tsp. baking powder. Beat eggs stiff, add sugar and beat again. Add water. Lastly add flour and baking powder well sifted. Bake in a large dripping pan 5 to 10 minutes. Turn out on cloth while hot; spread with jam and roll.

WHITE CAKE.

Mrs. James McLeod.

34 cup butter; 1½ cup sugar; 1 tsp. vanilla; 4 egg whites; 1 cup milk; 3 cups flour; 3 tsp. baking powder; 1 cup seeded raisins. Cream butter. Add sugar and flavoring and cream again until light and white. Sift flour and baking powder together twice. Chop raisins and flour lightly. Add milk to butter and sugar mixture alternately with the flour. Beat very hard, then stir in the raisins and lastly fold in the stiffly beaten whites of eggs. Bake in a moderate oven. Icing and filling: 1½ cups sugar; ½ cup water; ½ cup seeded raisins; 2 egg whites; 1 tbs. grated orange rind and ¾ tsp. baking powder. Boil sugar and water without stirring until syrup will thread.

Icing and filling: 1½ cups sugar; ½ cup water; ½ cup seeded raisins; 2 egg whites; 1 tbs. grated orange rind and ¾ tsp. baking powder. Boil sugar and water without stirring until syrup will thread. Add the raisins chopped fine and boil for a few minutes longer. Then pour over stiffly beaten egg whites and beat until smooth. Add orange rind and baking powder. Spread between layers and over top and sides of cake. Ornament with seedless raisins.

WHITE CAKE.

Mrs. A. Macdonald.

½ cup butter; 1 cup sugar; 3 tsp. baking powder; 3 egg whites; 2-3 cup milk; 2 level cups Swansdown flour measured after sifting 3 times. Vanilla to flavor. Cream butter and sugar well. To this add a little flour, then a little milk and so on till all is used, beating hard. Add flavoring and the stiffly beaten egg whites. Bake in a moderate oven about 35 minutes.

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SHORT BREAD.

Mrs. Gilmour.

½ cup icing sugar; 1 cup butter; 2 cups flour. Knead all together till smooth. Bake in a moderate oven 30 minutes.

SHORT BREAD.

Mrs. W. S. Napier.

5 cups of flour; 1 cup brown sugar; 1 lb. butter; sift flour several times; roll sugar with rolling pin to get quite free of lumps. Knead the butter into the sugar by degrees, then add flour gradually until well mixed. Roll out to a thickness of 1 inch and cut in shapes. Bake in moderate oven.

SHORT BREAD.

Mrs. H. Ward.

1 cup sugar, brown or castor; 2 cups butter and 1 tbs. lard; 4 cups flour, sifted. Mix sugar and butter. Knead in flour. Roll in sheet ½ inch thick and cut in shapes.

SHORT BREAD.

Mrs. Gordon Forbes.

1 lb. flour; ½ lb. butter; ¼ lb. castor sugar. Sieve the flour and take out 3 heaping tsp. Put in 3 rounded tsp. of rice flour. Add sugar and work in butter with the hands until of the consistency of pie pastry. Prick it well with a fork and bake in good steady oven until golden brown.

RAISIN CAKE.

Mrs. W. D. Craig.

1-3 cup butter; 1 cup brown sugar; 1 egg; 3/4 cup raisin water, cool; 1 cup raisins, boiled; 1 cup flour; 1 tsp. each soda, cocoa and cinnamon and 1/2 tsp. of nutmeg. Boil raisins, and use raisin water as directed.

BOILED RAISIN CAKE.

Mrs. Ashton Burgess.

 $1\frac{1}{2}$ cup seeded raisins; 34 cup sugar; 14 cup butter; $1\frac{1}{2}$ cup flour; 12 cup raisin water; 1 well beaten egg; 1 tsp. each of soda, nutmeg, cinnamon and allspice. Cover the raisins with boiling water and simmer 15 minutes or until water is down to 12 cup. Use this liquid and mix as usual.

SPICE CAKE.

Mrs. H. Ward.

1 cup raisins; 1½ cups cold water; 1 cup sugar; ½ cup butter; 1 egg (or two yolks); 1 tsp. soda; 1 tsp. cinnamon; ½ tsp. cloves; 2½ cups flour; 1 tsp. vanilla. Boil raisins in water until liquid is reduced to 1 cup. Drain raisins from liquid and cool. Mix as usual, dissolving soda in raisin liquid and dredging raisins with flour before adding. Bake about 45 minutes.

SPICE CAKE.

Mrs. A. L. McLean.

34 cup cup butter, creamed; 1 cup brown sugar; 34 cup sour milk or buttermilk; 3 eggs; 3 tbs. molasses; 1 tsp. soda; 12 tsp. cinnamon; 134 cup flour. Filling: yolk of 1 egg; 34 cup sweet milk; 34 cup brown sugar; 1 tbs. flour; butter size of an egg; cook and add 1 cup raisins and 1 tsp. vanilla.

DARK SPICE CAKE.

Mrs. L. M. Larson.

1½ cups sugar; ½ cup butter; cream the butter and sugar. Add 1 egg and the yolk of another. 1 cup thick sour cream; 1 level tsp. soda; 1 tsp. cinnamon; 1 tsp. cloves; 2 cups flour; 2-3 cup chopped raisins. Icing: 2 cups sugar; ½ cup water. Boil until it threads; beat the whites of 2 eggs stiff and add with a few chopped raisins to the boiled frosting. Beat till ready to spread on cake.

GINGER BREAD.

Mrs. R. McQuarrie.

½ cup butter; ½ cup sugar; 1 cup Domolaco molasses; 1 cup boiling water; 1 tsp. each of baking powder; soda; ginger; cinnamon and ½ tsp. each of salt and cloves; 2½ cups of flour; 2 eggs; ½ cup raisins; cream butter and sugar; add molasses and water then flour and baking powder, soda and spices sifted together. Lastly the eggs well beaten and raisins if desired.

AUNT JANET'S SOFT GINGER BREAD Mrs. John Balfour.

1 cup brown sugar; 1 cup baking molasses; ½ cup butter; pour over this 1 cup boiling water with 2 tsp. soda. Stir well, then add 2½ cups flour (no more); beat well and add 2 well beaten eggs. Cook in a moderate oven.

DATE CAKE.

Mrs. E. B. Gass.

1 cup chopped dates; 2 eggs; ½ cup butter; 1 tbs. baking syrup; 1 tbs. grated chocolate; 1 cup brown sugar; vanilla; cassia; ¾ cup cup milk; 1 tsp. soda.

DATE CAKE.

Mrs. D. M. Mann.

 $1\frac{1}{4}$ cups brown sugar; $\frac{1}{4}$ cup butter; 2 eggs; $\frac{1}{2}$ cup milk; $1\frac{3}{4}$ cups flour; 2 rounding tsp. baking powder; $\frac{1}{2}$ tsp. cinnamon; $\frac{1}{2}$ tsp. nutmeg; $\frac{1}{2}$ lb. dates, stoned and cut fine.

DATE CAKE.

Mrs. Welsh.

½ cup butter; 1 cup sugar; 1 cup sweet milk; 2 eggs; 2½ cups sifted flour; 2 tsp. cream of tartar; 1 tsp. soda; a little nutmeg if desired; 1 cup chopped dates; 1 cup chopped walnuts. Stir dates in last. Bake in layers.

DATE CAKE.

Mrs. M. D. McCuaig.

Cream together 1 cup brown sugar; ½ cup butter; 2 eggs; ½ cup warm water; 1½ cups flour with 1 tsp. soda sifted in; 1 lb. chopped dates; ½ cup walnuts chopped; 1 tsp. vanilla.

DATE AND NUT CAKE.

Mrs. G. H. Disbrow.

2 eggs; $\frac{1}{2}$ cup butter; 1 cup sour cream; 1 cup brown sugar; 1 cup chopped dates; $\frac{1}{2}$ cup walnuts; $\frac{1}{2}$ tsp. soda; 3 tsp. cocoa; 2 cups flour.

STRAWBERRY SHORTCAKE.

Mrs. C. E. McQuaid.

2 cups flour; 4 tsp. baking powder; ½ tsp. salt; 2 tsp. sugar; ¾ cup milk; ¼ cup butter. Mix dry ingredients, work in butter with tips of fingers and add milk gradually. Divide in 2 parts. Pat, roll out and bake 12 minutes in a hot oven. Split and spread with butter. Sweeten strawberries to taste, crush slightly and place between and on top of shortcake.

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STRAWBERRY SHORTCAKE.

Mrs. G. H. Disbrow.

3 cups flour; 4 tsp. baking powder; 2 tsp. sugar; ¼ tsp. salt; 4 tbs. butter; 2 eggs well beaten; 1-3 cup cream. Mix dry with butter and eggs and cream. Bake 15 minutes. Split cake and put crushed strawberries between layers and on top. Serve with whipped cream.

SEED CAKE.

Mrs. E. Jackson.

½ lb. butter beaten to a cream; 5 eggs beaten separately; add to the butter, beating well for 10 minutes. Add 1 cup sugar; 2 cups flour; a little candied peel and a few carraway seeds. Beat all well together and bake in moderate oven.

SEED CAKE.

Mrs. Whiteford.

1½ lb. flour; 1 lb. butter; 1 lb. sugar; 1½ lbs. orange peel; ½ lb. blanched almonds; 1 doz. eggs; ½ tsp. soda. Beat sugar and butter to a cream; add 1 egg at a time to the mixture, beating about 5 minutes to each egg. Have dry ingredients all ready and mix in. Bake in loaf pan lined with buttered paper in slow oven about 2 hours.

LAYER CAKE-OR PATTY PANS.

Mrs. J W. Spears

1½ breakfast cups flour; 2 tsp. Royal baking powder; 2 good tbs. butter; 1 breakfast cup sugar; 2 eggs; ½ cup milk.

LAYER OR LOAF CAKE.

Mrs. E. Sample.

1½ cups sugar; ½ cup butter; 4 egg whites; 1 cup milk; 3 cups flour sifted 4 times; 2 tsp. baking powder; 1 tsp. vanilla. Filling: A scant cup of flour mixed with water, then pour into boiling water and let it cook to a thick paste; strain and let cool. Cream ½ cup of butter and 1 cup powdered sugar; flavoring; 1 cup shredded cocoanut; beat all together.

FRUIT LAYER CAKE.

Mrs. Norman McMurchy.

 $1\frac{1}{2}$ cups white sugar; $\frac{1}{2}$ cup butter; cream together. 1 egg; yolks of 2; 1 cup sour milk; 1 tsp. each of soda, cinnamon and cloves; 2 scant cups flour; 2-3 cup chopped raisins.

ANGEL CAKE.

Mrs. H. G. Phillips.

Whites of 11 eggs; 1½ cups sifted sugar; 1 cup sifted flour; 1 tsp. vanilla; 1 tsp. cream of tartar. Sift flour and sugar 3 times. Beat whites of eggs on a large platter. Add sugar, then flour and cream of tartar and vanilla. Bake 45 minutes in a slow oven, turn upside down to cool and turn out and ice with the following: 3 egg yolks and icing sugar. Use a pan that has not been greased.

ANGEL CAKE.

Mrs. W. D. Cowan.

Take the whites of 9 large eggs, add to them a pinch of salt and whip lightly until they are partly stiff. Then add ½ tsp. cream of tartar and whip until very stiff. Fold in carefully 1¼ cups of granulated sugar that has been sifted three times. Sift 1 cupful of the best pastry flour 7 times (if you want a perfect cake) and fold it into the sugar and whipped eggs. Lastly add a tsp. of vanilla. Turn the cake into a large unbuttered pan. Bake in a moderate oven from 35 to 50 minutes. Do not open the oven door until the cake is done as it falls very easily. On taking it out of the oven turn it upside down in such a way that a current of air will pass under it until it is cold. When cold loosen the cake from sides of the pan and lift out.

NEVER FAIL CHOCOLATE CAKE.

Mrs. Tupper.

Melt 1½ squares chocolate and 3 rounded this. butter; place in a bowl; add 1 cup sugar; ½ cup milk; 1 cup flour sifted with 2 level tsp. baking powder. Drop 2 eggs into mixture; add 1 tsp. vanilla. Do not stir until all ingredients are together. Beat with Dover egg beater. Bake in small pan. Chocolate icing: 1½ squares chocolate; 1-3 cup scalded cream; few grains salt; yolk of 1 egg; 1-3 tsp. melted butter and confectioner's sugar. Melt chocolate over hot water; add cream gradually, salt, yolk of egg and butter. Stir in sugar until of right consistency to spread, then add flavoring.

CHOCOLATE CAKE.

Mrs. M. D. McCuaig.

1 cup brown sugar; ½ cup butter; 2 cups flour; ½ cup sweet milk; 2 eggs, beaten separately; 1 tsp. soda. Cream the butter, sugar and yolks of eggs. Add milk, sift flour and add with whites of eggs beaten stiff. Beat all and add custard. Add last 1 tsp. soda dissolved in a little warm water. Custard: 1 cup grated chocolate; ½ cup sweet milk; 1 cup brown sugar; 1 egg yolk; 1 tsp. vanilla. Stir in sauce pan; cook and cool.

SMALL CHOCOLATE CAKE.

Mrs. D. A. McNiven.

 $\frac{1}{4}$ cup butter; 1 cup brown sugar; 1 egg or 2 yolks; 2 tbs. cocoa dissolved in hot water; $\frac{1}{2}$ cup sour cream; 1 tsp. soda; $1\frac{1}{4}$ cups flour. Date filling and chocolate icing.

PHILADELPHIA CHOCOLATE CAKE. Mrs. G. M. Carmichael.

Boil ¼ cup cocoa with ½ cup milk until thick, then let it cool. Mix 4 tbs. butter; 1 cup sugar; 1 egg; ½ cup milk; 1½ cups pastry flour; ½ tsp. soda; 2 tsp. baking powder. Add cocoa last.

CHOCOLATE CAKE.

Mrs. L. A. Whitley.

2 squares Baker's chocolate; 2 eggs; 1 cup brown sugar; 1 cup sweet milk; 1 level tsp. soda; 1½ cups flour; 3 tbs. creamed butter. Grate chocolate; add ½ cup milk and yolks of eggs. Cook these to a custard. Then pour over the butter and sugar. Add balance of milk with soda dissolved in it. Mix salt with flour and stir into the mixture. Beat whites of eggs stiff and fold in. Beat all well and bake 30 minutes.

CRUMB CAKE.

Mrs. D. D. Thompson.

Sift 2 cups flour; 2 tsp. baking powder; $1\frac{1}{2}$ cups granulated sugar together. Add $\frac{3}{4}$ cup butter. Rub this mixture together. Take out $\frac{3}{4}$ cup of crumb mixture and set aside. Then add 2 well beaten eggs; $\frac{3}{4}$ cup milk; 1 tsp. vanilla. Beat well, put in pan and sprinkle crumbs over top. Bake 45 minutes.

CRUMB CAKE.

Mrs. Day.

2 cups flour; 1 cup brown sugar; ¾ cup butter. Rub these into crumbs, lay 1 cupful aside to sprinkle on top. To the other add 1 tsp. each of cinnamon and cloves; 1 cup raisins; 1 cup currants; 1 cup sour milk; 1 egg and 1 tsp. soda. Mix well; put in baking pan, sprinkle crumbs on top and bake thoroughly.

For PARAGON LAYER CAKE see page 64.

FRUIT CAKE.

Mrs. A. L. McLean.

4 eggs, $1\frac{1}{2}$ cups brown sugar; 1 lb. butter; 2 packages raisins; $\frac{1}{2}$ package currants; 1 package dates; $\frac{1}{2}$ lb. almonds sliced in two; citron peel; $\frac{3}{4}$ tsp. nutmeg, cinnamon, allspice; $\frac{1}{2}$ tsp. cloves; 1 tsp. soda. About 3 cups browned flour and 1 of white. A little oil of lemon. Bake 3 hours.

WHITE FRUIT CAKE.

Mrs. Geo. D. Sheppard.

1 cup butter; 2 cups white sugar; 1 cup sweet milk; whites of 7 eggs; $2\frac{1}{2}$ cups flour sifted with 2 level tsp. baking powder; 1 lb. each raisins, blanched almonds and figs; $\frac{1}{4}$ lb. citron peel cut fine. Mix all thoroughly before adding fruit. Add 1 tsp. lemon extract.

WHITE FRUIT CAKE.

Mrs. S. K. Ramsland.

1 cup butter; 2 cups white sugar; 1 cup milk; $2\frac{1}{2}$ cups flour; 2 tsp. baking powder sifted in flour; whites of 6 eggs; beaten stiff; 1 lb. sultana raisins; $\frac{1}{2}$ lb. candied cherries; $\frac{1}{2}$ lb. walnuts or blanched almonds, $\frac{1}{2}$ lb. sweet cocoanut; 1 cup citron peel, chopped. Cream butter and sugar, add milk, fruit, flour and baking powder. Lastly add beaten egg whites and bake in moderate oven $1\frac{1}{2}$ hours.

WHITE FRUIT CAKE.

Mrs. W. McIntyre.

½ cup butter, scant; 1 cup sugar; ½ cup sweet milk; whites of 4 eggs; ½ tsp. vanilla; 2 tsp. baking powder; 2 cups flour; 2 cups bleached sultana raisins; 1-3 cup cherries; 1-3 cup almonds. Dredge fruit with 2 tbs. flour from above amount.

COCOANUT AND PEEL FRUIT CAKE.

Mrs. J. A. Strang.

1 cup butter; 2 cups white sugar; 5 eggs; 1 cup sweet milk; 3 cups flour; 2 scant tsp. baking powder; 3/4 lb. cocoanut; 3/4 lb. citron peel; 3/4 lb. blanched almonds. Bake very slowly for 2 hours.

CHRISTMAS CAKE.

Mrs. Austin Bothwell.

1 lb. each currants, raisins and sultanas; ½ lb. lemon peel; 10 fresh eggs; 1 lb. sugar; 1 lb. flour; 2 tsp. nutmeg; 2 tsp. allspice; 1 tsp. baking powder; 1 lb. butter; 1 cup maple syrup. Cook slowly for 5 hours.

FRUIT CAKE.

Mrs. H. Bewell.

10 eggs; 1 lb. each of white sugar, butter and flour; 3 lbs. raisins; 1½ lbs. currants; ¾ lb. citron peel; juice and rind of 1 lemon and 1 orange; cinnamon, allspice, cloves and mace to taste, also glace cherries, almonds blanched and browned. Use almond icing.

BOILED SPONGE CAKE.

Mrs. E. Porter.

Separate 4 eggs; beat the whites till stiff. Boil 1 cup sugar; 1-3 cup water and ½ tsp. cream of tartar until it threads. Pour on beaten whites and beat until stiff. Add yolks well beaten. Fold in 1 cup flour sifted with 1 tsp. baking powder. Add 1 tsp. lemon extract. Bake slowly 55 minutes.

SPONGE CAKE (using egg yolks only.) Mrs. A. B. Allard.

6 egg yolks; 1 cup sugar; ½ cup boiling water; ½ tsp. salt; 2 tsp. baking powder; 1½ cups cake flour; 1 tsp. lemon extract. Beat egg yolks until light with a Dover egg beater; add sugar gradually, then hot water, beating meanwhile. Add flour, sifted with baking powder and salt and beat thoroughly. Bake in a moderate oven about 45 minutes.

CREAM SPONGE CAKE.

Mrs. W. W. Thomson.

Yolks of 4 eggs; 1 cup sugar; 3 tbs. cold water; $1\frac{1}{2}$ tbs. cornstarch; 1 scant cup of flour; $1\frac{1}{2}$ tsp. baking powder; 1 tsp. flavoring; $\frac{1}{4}$ tsp. salt; whites of 4 eggs. Beat yolks until thick; add sugar gradually and beat 2 minutes. Then add water. Mix and sift flour, cornstant starch, baking powder and salt and add to first mixture. Fold in stiffly beaten whites of eggs and flavoring. Bake in a moderate oven.

ORANGE CAKE.

Miss Ethel MacLachlan.

1 cup white sugar; 1 scant ½ cup butter; 1 whole egg and yolks of 2 eggs; juice and rind of 1 orange; little vanilla and lemon; 1 cup milk; 2 level cups flour; 3 tsp. baking powder; a pinch of salt. Icing: 1½ cups granulated sugar; 5 tbs. boiling water. Boil until it threads. Add the well beaten whites of the eggs, beat well together and add juice and rind of 1 orange. If a little soft, add icing sugar until it is the right thickness.

ORANGE CAKE.

Mrs. S. K. Ramsland.

1 cup white sugar; $\frac{1}{2}$ cup butter; 2 eggs; $\frac{1}{2}$ cup cold water; 1 tsp. soda dissolved in a little hot water; 2 cups flour. 1 orange and 1 cup raisins put through the meat grinder, then add above.

SULTANA CAKE.

Mrs. J. W. Spears.

 $\frac{1}{2}$ lb. white sugar; $\frac{1}{2}$ lb. flour; $\frac{1}{2}$ lb. butter; 5 eggs; small tsp. Royal baking powder; $\frac{1}{2}$ cup milk; lemon flavoring, a little cut citron; 1 cup sultana raisins.

SULTANA CAKE.

Miss J. Aitken.

1 lb. butter; creamed; 1 lb. white sugar; 8 eggs, beaten separately; the whites are folded in at the last. 11/2 lb. flour; juice of 1 lemon; grated rind of 2; 2 tsp. baking powder; 1 lb. raisins; ½ lb. blanched almonds. Dredge fruit with flour. Steam for 3 hours and bake for 34 of an hour.

MATRIMONY CAKE.

Mrs. G. F. Stewart.

1 lb. dates cooked to a filling consistency with ½ cup sugar; 1½ cups rolled oats; 1 cup brown sugar; ½ cup flour with ½ tsp. soda sifted with it; ¼ lb. butter rubbed into the mixture. Put a layer of the cake, then a layer of the filling and cover with the rest of the cake and bake.

MATRIMONY CAKE.

Mrs. W. J. E. Adamson.

11/4 cups flour sifted with 1 tsp. soda; 11/4 cups rolled oats; 1 cup brown sugar; 1 cup butter; work together like pie crust, but do not moisten. Butter pan and spread 2-3 of the crumbs in pan. Then spread date filling and shake over rest of crumbs, patting them into place. Bake ¾ of an hour in moderate oven. Filling: 1 package dates; ½ cup sugar; 1 cup water; cook till thick.

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PRUNE CAKE.

Miss Jessie Brown.

1 cup sugar; 1-3 cup butter; ½ cup milk; 2 eggs; 2 cups sifted flour; 1 cup stewed mashed prunes; ½ tsp. salt; 1 tsp. each of soda; cinnamon; allpsice and baking powder. Bake in a loaf 1 hour or less. Will also make two good layers.

PRUNE CAKE.

Mrs. L. Galbraith.

1 cup sugar; 2-3 cup butter; 2 eggs, stir in and beat well; $1\frac{1}{4}$ cups flour; 1 cup chopped prunes, $\frac{1}{2}$ cup prune juice; tsp. soda dissolved in prune juice; 3 tbs. cocoa; 2 tsp. cinnamon; $\frac{1}{2}$ tsp. nutmeg. Boil prunes and chop; mix in the order given.

COCOA CAKE.

Mrs. W. C. Swanston.

1 egg; 1 cup sugar; 1 cup sour milk; butter size of an egg; 1 2-3 cup flour; 4 level tsp. cocoa; 1 tsp. soda; 1 tsp. vanilla.

COCOA CAKE.

Mrs. D. D. Campbell.

 $\frac{1}{2}$ cup sweet milk; 2 tbs. cocoa; 1 egg; 1 cup white sugar; $\frac{1}{2}$ cup butter; 2 cups flour; vanilla; $\frac{1}{2}$ cup sweet milk. Boil $\frac{1}{2}$ cup milk and cocoa until thick. When done stir in the egg, when cold add the sugar, butter and other half of milk, also 1 tsp. soda dissolved in warm water. Add flour and flavoring. Bake in long pan.

FUDGE CAKE.

Mrs. W. T. Mollard.

 $\frac{1}{2}$ cup butter; 1 cup white sugar; 2 eggs; 1 tsp. vanilla; $\frac{1}{2}$ cup flour; 2 squares chocolate grated and melted to a thick paste with hot water; 1 cup broken walnut meats; no soda is used as it does not rise and will only be about $\frac{3}{4}$ of an inch thick. Bake in medium sized pan and cut in long strips to serve.

FUDGE CAKE.

Mrs. James Rutley.

1 cup white sugar; 2 tbs. cocoa; $\frac{1}{4}$ cup butter; cream together. 1 egg; 1 tsp. salt; 1 tsp. soda; dissolve soda in $\frac{1}{2}$ cup sour milk; $\frac{1}{2}$ cups flour. $\frac{1}{4}$ cup boiling water. Mix in order given. Icing: 2 tbs. butter; 2 tbs. cocoa; 1 tsp. vanilla; add enough icing sugar.

\$2500 PRIZE CAKE.

Mrs. E. Sample.

 $1\frac{1}{2}$ cups sugar; $2\frac{1}{2}$ cups flour; $1\frac{1}{2}$ squares of unsweetened chocolate, melted, $\frac{1}{2}$ cup of butter; $\frac{1}{4}$ tsp. of salt; 1 egg and 1 yolk;

4 tsp. baking powder.

Cream butter and sugar and add grated rind of ½ an orange, beaten egg yolk; sift salt, flour and baking powder together and add alternately with 1 cup of sweet milk. Last fold in beaten egg white. Divide batter in 2 parts. To 1 part add the melted chocolate, put by spoonfulls into 3 greased and floured layer cake tins—alternating the light and dark. Bake in moderate oven.

Filling and Icing: 3 tbs. of melted butter; 3 cups of confectionery sugar; 2 tbs. of orange juice; grated rind of ½ an orange and pulp of 1 orange; 3 squares of unsweetened chocolate. Put butter, sugar, orange juice and rind into bowl. Cut pulp from orange removing skin and seeds and add. Beat until smooth, spread enough icing on top layer to cover while icing is soft. Shave ½ square of chocolate with a sharp knife over icing like cocoanut is sprinkled. To rest of icing add 2½ squares of melted chocolate, spread thickly between layers and sides of cake.

When cake is cut there is a spot of light and a spot of dark in

each layer.

WALNUT LOAF CAKE.

Mrs. G. Menzies.

Beat together 1 cup sugar; ½ cup butter; ½ cup milk; 2 cups sifted flour; 1 tsp. baking powder; 2 eggs, whites and yolks beaten separately. Add 1 cup seeded raisins; 1 cup broken walnuts. Bake in moderate oven.

IMPERIAL CAKE.

Miss Ruby B. Riddell.

2 cups butter; 2 cups white sugar; 1 lb. raisins; 9 eggs; ½ lb. peel; ¼ lb. shelled almonds; 1 lemon; juice and rind; four cups flour; 1 tsp. baking powder. Bake in moderate oven.

SUNSHINE CAKE.

Miss Kate MacGregor.

Whites of 7 eggs; yolks of 5; 1 cup granulated sugar; 1 cup flour measured after sifting 5 times; ½ tsp. cream of tartar; 1 tsp. orange or lemon extract.

Beat yolks till thick; add pinch of salt and cream of tartar to whites of eggs and beat very stiff. Add sugar. Beat well. Add flavoring and beaten yolks. Beat lightly and carefully; stir in flour a little at a time. Bake in moderate oven 40 or 50 minutes.

DEVIL CAKE.

Miss Edina Newlands.

1 cup brown sugar; ½ cup butter 2 eggs beaten separately; 2 squares grated chocolate; 2-3 cup milk; 1 level tsp. soda (dissolved in milk); 2 cups flour; 1 tsp. vanilla; Mix in order given, beat tillvery light, folding whites in last. Filling: 2 tsp. butter; 2 tsp. flour; 1 cup sugar; 1½ cups milk; 1 egg; vanilla. Cook till thick and smooth.

CORNSTARCH CAKE.

Mrs. McCuaig.

1 cup white sugar; ½ cup butter; 3 eggs or whites of 5; ¾ cup milk; 1½ cups of flour; ½ cup of cornstarch; 1 tsp. vanilla; 2 tsp. baking powder. Cream butter and sugar. Add eggs, one at a time and beat well. Dissolve cornstarch in milk, sift the baking powder in flour three times. Add flavoring.

DARK CAKE.

Miss Agnes Hyde.

2 cups flour; 1 heaping cup brown sugar; 3/4 cup shortening; 2 tsp. cinnamon; 1/2 tsp. nutmeg; 1 tsp. soda. Rub the dry ingredients well together and add one large cup sour milk and 1 egg. Add raisins, currants, nuts or peel. Bake in a slow oven for 1 hour.

HALF HOUR CAKE.

Mrs. A. Mutch.

5 eggs, 1 cup sugar; beat together for $\frac{1}{2}$ an hour, then add 1 cup of flour beaten in slowly. Bake in moderate oven for $\frac{1}{2}$ an hour.

QUICK CAKE.

Mrs. C. E. McQuaid.

1-3 cup of soft butter; 1 1-3 cups brown sugar; 2 eggs; ½ cup milk; 1¾ cups of flour; 3 tsp. baking powder; ½ tsp. cinnamon; ½ tsp. nutmeg. Put ingredients in a bowl and beat all together 3 minutes Bake in floured cake pan 35 or 40 minutes.

CREAM CAKE—SMALL

Mrs. E. E. Meek.

1 egg; 1 cup white sugar; 1 2-3 cups of flour well sifted; butter size of an egg; 2-3 cup of sweet milk; 2 tsp. baking powder; 1 tsp. lemon extract. Beat to a cream butter and sugar. Add egg well beaten, then milk. Sift baking powder in flour; last lemon.

CLOVE CAKE.

Mrs. J. F. Bryant.

2 eggs; 1 cup gran. sugar; $\frac{1}{2}$ cup of butter; $\frac{1}{2}$ cup sweet milk; 1 cup chopped raisins; $\frac{1}{2}$ cups of flour; 1 good tsp. cloves; $\frac{1}{2}$ tsp. soda moistened with warm water and added last.

MAPLE SYRUP CAKE.

Mrs. W. H. McEwen.

1 cup brown sugar; ½ cup butter; small tsp. salt; 2 eggs; 2 tbs. maple syrup; 1½ cups flour; ½ cup sour milk; 1 tsp. soda: ¼ tsp. cinnamon. Boil until dry 1 cup raisins with 1 cup of water on them. Put them in hot at the last. Slow fire about 40 minutes.

KING EDWARD'S CAKE (Loaf)

Mrs. Jas. Balfour.

1 cup brown sugar; $\frac{1}{2}$ cup of butter; $\frac{1}{2}$ cup sour or sweet milk; $\frac{1}{2}$ cups flour; 1 cup chopped raisins; 3 eggs: 1 tsp. soda; 1 tsp. cinnamon; $\frac{1}{2}$ tsp. nutmeg. Bake 45 minutes. Icing: 8 tbs. icing sugar; 3 tbs. melted butter.

BURNT LEATHER CAKE.

Mrs. Jas. Balfour.

Burnt Syrup; ¾ cup of sugar burnt well then add ¾ cup of water: let boil until syrupy. ½ cup butter; scant 1½ cups sugar (white); 3 egg yolks; 1 cup water; 2 cups flour; 1 tsp. vanilla.

Beat above ingredients for 5 minutes then add burnt syrup; 3/4 cup flour; 2 tsp. baking powder and 3 egg whites stiffly beaten. Put in three layer cake pans. Bake in a moderate oven. Use date filling and white icing.

WATER POUND CAKE.

Mrs. J. D. Denny.

½ lb. of butter; 1 tbs. lard; 1 lb. or 2 cups of sugar; 4 eggs broken in and beaten 1 at a time; 1 cup warm water; 1 lb. of flour; 2 tsp. baking powder; ½ lb. chopped walnuts; 1 lb. seeded raisins.

Mix in order given and bake in a moderate oven.

MACAROON CAKE.

Miss Jean Craig.

 $\frac{1}{2}$ cup butter; $\frac{1}{2}$ cup white sugar; yolks of 4 eggs; 3 tbs. milk; 1 cup flour; 1 tsp. baking powder. Put batter in tin and spread on the beaten whites of 4 eggs to which have been added 1 cup shredded cocoanut and $\frac{1}{2}$ cup sugar. Bake in a slow oven 40 minutes; cover with pasteboard for part of time while baking.

HERMIT CAKE.

Mrs. Robert McKell.

1 lb. dates cut thin; $2\frac{1}{2}$ cups flour; $1\frac{1}{2}$ cups brown sugar; $\frac{1}{2}$ cup butter; 3 eggs; 10c. worth of shelled walnuts; 5c. worth of lemon peel; 2 tsp. of soda dissolved in as little water as possible.

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CORONATION CAKE.

Mrs. L. A. Gillespie.

1 cup brown sugar; 2 eggs; 3/4 cup butter; 1 cup sour milk; 1 tsp. nutmeg; 1 cup chopped raisins; 1/4 tsp. cloves and cinnamon; 1 tsp. soda; 2 cups flour. Icing for same. 11/2 cups icing sugar; 1/4 cup chopped raisins, small piece butter, milk to mix.

SPRING CAKE.

Mrs. O. G. Mueller.

½ cup of butter; grated rind of 1 orange; 1 cup sugar; 4 eggs; yolks, beaten light; ¼ tsp. salt; 3 cups cake flour; 4½ tsp. baking powder; 1 cup milk; ½ tsp. orange or lemon extract.

Cream the butter, add grated rind to the sugar and gradually add to creamed butter, creaming mixture well. Add egg yolks beaten until light. Sift flour, measure, add baking powder and salt and sift again 3 times. Add flour and milk alternately to the first mixture, beating hard after each addition. Add flavoring extract, bake in 2 layers in a moderate oven or in a loaf tin in a rather slow oven, and when cool ice with white frosting and decorate with candied violets using citron to form the leaves and stem.

STREET FAIR CAKE.

Mrs. Hugh McGillivray.

1 cup cooking molasses; ½ cup brown sugar; ½ cup melted butter; 1 tsp. cloves, 1 tsp. cinnamon; 2 level tsp. soda dissolved in 1 cup boiling water; yolks of 4 eggs well beaten, lastly add 2½ cups flour. Filling: 2 cups granulated sugar; 10 tbs. boiling water; whites 4 eggs. Make boiled icing and add 1 cup raisins chopped.

SPANISH BUN-CAKE.

Mrs. J. H. Reid.

1¾ cups white sugar; ¾ cup butter; beaten yolks of 4 eggs; 1 cup sweet milk; 1 tsp. cinnamon; ¾ tsp. cloves; 1 heaping pt. flour; 2 tsp. baking powder; beaten whites of 4 eggs. May add 1 cup of chopped raisins. Bake in fairly hot oven. Use any frosting.

LOVE CAKE.

Mrs. G. H. Brown.

1½ cups sugar; 1 cup sweet milk; 2-3 cup butter (melted); 2½ cups flour; 2 eggs, 1 tsp. baking soda (dissolved in milk); 2 tsp. cream tartar. Put all together in bowl and beat very little. This makes 3 layers, 2 light and in the third put raisins and nutmeg to taste. Put layers together, spiced one in centre, with date filling.

TROPICORINIA.

Mrs. A. M. Copeman

1/4 cup butter; 1/4 cup lard; 11/2 cups sugar; grated rind of 1/2 orange; 1 egg and 1 yolk and beaten white of 1 egg; 1 cup of milk; 2½ cups of flour; 4 tsp. baking powder; 3 tsp. cocoa; pinch salt. Cream shortening and sugar well; add 1 egg and 1 yolk, rind of orange, add beaten white of egg, milk and flour (baking powder and salt sifted with flour) alternately. Take ½ of above and add cocoa, bake in layer tins, dropping a spoonful of light and dark mixture alternatley.

FRUIT LAYER CAKE.

Mrs. Duff.

1 cup sugar; ½ cup butter; 1 cup sour milk; 1 egg and 1 yolk of another (using white in icing given below); 1 tsp. soda; 1 tsp. cinnamon; 2 cups flour; ½ tsp. each nutmeg, cloves and salt; raisins. Icing: 1 cup sugar boiled until it threads; add the beaten white of egg.

SODA CAKE.

Mrs. Gilmour.

2 cups flour; 1 cup raisins; $1\frac{1}{4}$ cups currants; $1\frac{1}{4}$ cups brown sugar; 2 eggs, 1 teacup milk; 2 ozs. butter; $\frac{1}{4}$ lb. peel, 1 tsp. each soda; ginger and cinnamon, $\frac{1}{2}$ tsp. nutmeg.

Put into mixing bowl, flour, sugar, currants, raisin, peel, soda and spices. Mix well together. Warm butter till soft, then beat eggs, mix them with the butter; then add milk and stir milk, butter and eggs into the mixture. Mix well. Bake 1 hour.

CANADA WAR CAKE.

Mrs. W. C. Trick.

2 cups brown sugar; 2 cups hot water; 2 cups flour; 2 tbs. lard;

1 package seeded raisins; 1 tsp. cinnamon; 1 tsp. cloves.

Mix sugar; hot water; lard; raisins and spices, boil 5 minutes, when cold add flour and 1 tsp. soda dissolved in hot water. Bake in moderate oven 45 minutes.

BOSTON FAVORITE CAKE.

Mrs. C. E. McOuaid.

2-3 cup butter; 2 cups sugar; 4 eggs; 1 cup milk; $3\frac{1}{2}$ cups flour; ½ tsp. salt; 5 tsp. baking powder; 1 tsp. vanilla.

COONTOWN CAKE.

Mrs. Edgington.

2 eggs; 34 cup brown sugar; 1/2 cup sour milk; 1/2 cup butter; 1/2 cup molasses; 34 cup raisins; 1 tsp. soda; 1 tsp. mixed spices, 2 cups flour. Bake in 2 layers and use date filling. Date filling: 1 cup dates; 1 cup brown sugar; $2\frac{1}{2}$ cups water. Cook until thick.

BURNT SUGAR CAKE.

Mrs. O. T. Falls.

First prepare ½ cup granulated sugar, burn and add ¼ cup boiling water and cool for cake mixture. 1½ cup granulated sugar; ½ cup butter; 2 egg yolks; 1 cup cold water; 2½ cups sifted flour (or 3 of Swansdown); 2 level tsp. baking powder; vanilla flavoring. Add burnt sugar just before folding in the beaten whites, leaving 1 tbs. syrup for frosting. Frosting: Put tbs. burnt sugar syrup; 1 cup granulated sugar and 1-3 cup water together, boil till soft ball stage, then beat until creamy, adding butter size of an egg and vanilla.

CARAMEL CAKE.

Mrs. W. A. Smart.

Scant ½ cup butter; 1½ cups granulated sugar. Beat these to a cream; yolks of 2 eggs well beaten; 1 cup cold water; 2 cups flour. Beat this for at least 5 minutes, add 3 tsp. caramel and 1 tsp. vanilla; ½ cup of flour with 2 tsp. baking powder. Beat well, now the egg whites beaten stiff. Caramel; 1 cup granulated sugar browned; ½ cup water.

WEARY WILLIE CAKE.

Mrs. Colin Campbell.

Break 2 large eggs into a measuring cup. Fill to $\frac{1}{2}$ measure with melted butter, then fill up with milk. Mix $1\frac{1}{2}$ cups of flour; $1\frac{1}{2}$ tsp. of baking powder. Pour the liquid ingredients into dry ingredients and stir briskly for 5 minutes. Bake in slow oven 25 or 35 minutes.

CREAM ALMOND CAKE.

Mrs David Low.

Cream $\frac{1}{2}$ cup butter and 1 cup fine granulated sugar and $\frac{1}{2}$ tsp. extract of almond; sift together $\frac{1}{2}$ cup potato flour and 1 cup flour and 1 tsp. baking powder; add this alternately to creamed sugar and butter with ½ cup sweet milk. Beat whites of 3 eggs to stiff froth and fold in carefully. Bake in moderate oven.

COMBINATION CAKE.

Mrs. Whiteford.

Take a piece of pie paste; roll thin, cover the bottom of cake tin, spread thick with well washed currants, make a batter of the following ingredients: ½ cup butter; 1 cup sugar; 1½ cups flour; 2 eggs; 1½ tsp. baking powder, milk to make a batter you can heat easily, flavor, then drop on top of the currants, bake in moderate oven. Ice to suit taste.

POUND CAKE.

Mrs. C. V. Gladwell.

 $\frac{1}{2}$ cup of finely cut citron; 2-3 cup butter; $\frac{1}{2}$ cups sugar; 5 eggs; 2 cups flour; $\frac{1}{2}$ tsp. of mace. Cream the butter, add the sugar gradually and beat until the sugar is dissolved, add the eggs one at a time without previously beating them and beat each egg in thro-oughly before the next is added. Stir in flour and mace and bake in a very slow oven.

BELFAST CAKE.

Mrs. Jos. E. McComb.

2 eggs; ½ cup butter; 1½ cups sugar; 2 cups graham flour; ½ cup white flour; 1 level tsp. soda; ½ a nutmeg grated; 1 cup sour milk; 1 cup raisins; 1/2 cup walnuts.

ICE CREAM CAKE.

Mrs. Day.

1 cup sugar; ½ cup butter; 3 eggs, whites only; ¾ cup milk; ½ cup flour; ½ cup cornstarch; 2 tsp. baking powder; 1 tsp. vanilla. Bake and use any desired icing. Can be baked in two layers.

CREOLE CAKE.

Mrs. F. M. Kennedy.

1 cup sugar; 2 eggs beaten light; 3 tbs. melted butter; 2 ozs. melted chocolate; ¼ tsp. salt; ½ tsp. cinnamon; ½ cup milk; 11-3 cups cake flour; 2½ tsp. baking powder. Gradually beat the sugar into the eggs, add melted butter and chocolate, add alternately the milk and flour sifted, measured and sifted again with the baking powder, salt and cinnamon. Maple icing may be used for this cake.

Take 1 cup brown sugar and 1-3 cup milk, boil about 7 minutes.

Take from stove and add 1/2 tsp. Mapeline. Beat well and when cool

spread smoothly on cake.

VELVET SPONGE MOCHA CAKE.

Mrs. L. M. Larson.

2 cups sugar; 6 eggs (leaving out the whites of three); 1 cup boiling water; 1 tsp. lemon extract; 2½ cups flour; 2 small tsp. baking powder. Beat the yolks a little, add sugar and beat 15 minutes. Beat the 3 whites and add to the other mixture. Add boiling water

slowly just before flour.

Icing: 1 cup icing sugar; ½ cup butter beaten to a good cream; flavoring. Then spread on cake. Roll in brown almonds rolled fine.

COFFEE CAKE.

Mrs. Jos. E. McComb.

1 cup butter; $1\frac{1}{4}$ cups brown sugar; 2 cups of flour sifted; $\frac{1}{2}$ cup cold coffee; 2 eggs; 1 tsp. soda; 1 cup of raisins; 1 tsp. each cinnamon and nutmeg, cloves and allspice.

FEATHER COCOANUT CAKE.

Mrs. Edgar Ruggles.

1½ cups flour; ½ cup sugar; 2 tsp. baking powder; 2 tbs. shor-

tening; 1 egg; 1 cup milk; flavoring; ½ cup grated cocoanut.

Sift flour, sugar and baking powder, add melted shortening and beaten egg to milk and add to dry ingredients. Mix well, add flavoring and cocoanut. Ice with boiled icing with cocoanut on top.

COOKIES, DROP CAKES, Etc.

"Home-made dishes that drive one from home."
Thomas Hood.

PLAIN COOKIES.

Mrs. A. W. McGregor.

3 well beaten eggs, $1\frac{1}{2}$ cups brown sugar, 1 cup butter and lard mixed, $\frac{1}{4}$ cup sweet milk, 2 heaping tsp. baking powder sifted in flour. Flour enough to roll, Bake in hot oven.

PLAIN COOKIES.

Mrs. A. W. Notman.

. Sift together 3 cups flour, 1 tsp. cream of tartar, 1 tsp. soda, and 1 cup brown sugar. Rub in 1 cup butter, moisten with 2 eggs, roll out and cut in shape. Place small raisin or peel in centre of each.

COOKIES.

Mrs. H. G. Phillips.

½ cup butter, 1 cup brown sugar, 2 cups flour (more or less), 3 eggs, 2 tsp. of baking powder, level. 1 tsp. of vanilla, ¼ tsp. salt. Cream butter and sugar; gradually add well beaten eggs. Add vanilla and salt, then flour and baking powder. Bake in quick oven.

COOKIES.

Mrs. L. Bell.

2 eggs, 1 cup butter, 1 cup sugar, ½ tsp. soda, flour to make a stiff dough. Roll thin and bake in quick oven.

COOKIES.

Miss Reid.

1 cup shortening, 3 cups flour, 1 tsp. soda sifted 3 times with flour; 2 eggs; 2 cups brown sugar; 1 cup chopped nuts; 1 cup raisins. Mix above and roll in loaf. Put in ice box over night; then cut in thin slices and bake in moderate oven.

GINGER COOKIES.

Mrs. C. V. Gladwell.

1½ cups brown sugar; 1 cup molasses; cup shortening; 2 tsp. cinnamon; 2 tsp. ginger; 1 tsp. soda dissolved in ¾ cup hot water; ¼ tsp. salt. Add flour to roll out.

GINGER SNAPS.

Mrs. Welsh.

1 cup butter; 2 cups molasses or syrup; 2 eggs, 2 tsp. soda, 2 tbs. ginger; flour to roll out. Stir in flour until the dough can be made into marbles between the palms of the hands. Flatten and place in tins far enough apart not to touch each other in rising. Bake in moderate oven.

GINGER SNAPS.

Mrs. H. W. Givins.

1 cup molasses; 1 cup brown sugar; 1 cup shortening; 1 dsp. ginger; 1 tsp. soda; 1 tsp. salt; 1 egg. Work well with hands until all smooth and not sticky. Roll very thin and cut.

DATE STICKS.

Mrs. M. S. McLeod.

1 lb. dates; 1 cup sugar (brown or white); 2-3 cup flour; 1 cup chopped walnuts; 2 eggs; 1 tsp. vanilla; ½ tsp. baking powder; pinch salt. Beat eggs; add sugar, then flour, salt and baking powder. Stone and cut dates, and add dates and nuts floured. Spread thin in pan. When baked cut in strips and roll in icing sugar. Bake in slow oven.

DATE STICKS.

Mrs. Edgar Ruggles.

2 eggs; 1 cup sugar; 1 cup chopped dates; 1 cup chopped walnuts; 6 tbs. flour; 1 tsp. baking powder; pinch salt; vanilla. Beat eggs until very creamy, add sugar and beat again; add flour with baking powder sifted in it. Add dates and nuts. Spread in sheet pan. Bake in hot oven for 20 minutes. When cold cut in finger lengths.

DATE KISSES.

Mrs. J. A. Strang.

Beaten whites of 2 eggs; add 1 cup sugar either granulated or pulverized; 1 cup walnuts or peanuts; 1 cup dates cut up. Let bake very slowly. Just let dry out in oven.

DATE JUMBLES.

Mrs. S. Young.

1½ cups brown sugar; 1½ cups butter; 2 eggs; 3 cups flour; 1 tsp. soda dissolved in hot water; ½ tsp. salt; 1 tsp. vanilla; 1 lb. dates stoned and cut; ¼ lb. walnuts; very small quantity nutmeg and cinnamon. Mix well, drop in buttered tins in spoonfuls and bake in moderate oven.

DATE MACAROONS.

Mrs. P. G. Williams.

3 eggs (white only); 1 cup sugar; 1 tbs. (heaping) cornstarch; 1 lb. dates cut fine; 1 cupful walnuts cut fine. Beat eggs to a stiff froth; add sugar and cornstarch. Cook in double boiler until crust forms on side of dish. Remove from fire, add dates and walnuts. Mix well, drop spoonful of mixture on buttered tin and bake in moderate oven.

DATE BARS.

Mrs. T. L. Brown.

Yolks of 2 eggs; 1 cup white sugar; 1 cup flour; 1 cup chopped dates; 1 cup chopped walnuts; ½ tsp. baking powder; ½ tsp. salt. Beat eggs and sugar together. Mix dry ingredients and add sugar and eggs. Bake. While warm cut into bars and roll in icing sugar.

DATE COOKIES.

Mrs. Norman MacMurchy.

1 cup sugar; $\frac{1}{2}$ cup shortening; 2 eggs; $\frac{1}{2}$ cup sweet milk; 2 tsp. baking powder; 1 scant tsp. soda; flour to roll thin. Cook $\frac{1}{2}$ lb. dates, add $\frac{1}{4}$ cup sugar, and 1 tsp. flour in a little water; cook until thick. Put between 2 cookies and bake.

DATE COOKIES.

Mrs. L. M. Larson.

1 cup butter; 1 cup white sugar; cream the butter and sugar; add ½ cup condensed milk; 2 eggs; 2 tsp. baking powder. Add flour to roll thin. Filling: 1 lb. dates chopped fine; ¾ cup sugar; ½ cup water; boil until thick. Take 1 cookie, put in pan, drop tsp. dates on cookie, then put another cookie over top and bake.

OATMEAL DATE COOKIES.

Mrs. D. D. Campbell.

1 cup of rolled oats; $2\frac{1}{2}$ cups flour; 1 egg; 1 cup of brown sugar; $\frac{3}{4}$ cup butter; $\frac{1}{2}$ cup lard; $\frac{1}{2}$ cup sour milk; $\frac{1}{2}$ tsp. soda dissolved in milk. Roll thin. Spread with date filling between and bake. Date filling. Cook 1 lb. of dates with sugar and a little water.

DATE CAKES.

Miss N. MacBeth.

1 cup white flour; 1 cup rolled oats; 1 cup brown sugar; 1 tsp. soda; ½ cup butter, pinch salt. Filling: 1 lb. dates; ½ cup white sugar; 1 cup water; pinch salt; vanilla flavoring. Dates cooked soft and spread in between the dough. Dough made like pie crust. Spread ½ quantity on bottom of pan, then spread dates on dough and cover on top with another layer of dough. Cook in oven until brown. When cool cut in pan in small squares.

DATE FINGERS.

Mrs. D. J. Champ.

1 cup white sugar; 3 eggs; 1 cup flour; 1 tsp. baking powder; 1 lb. dates; 1 cup walnuts; pinch of salt. Beat yolks of eggs and sugar until creamy. Mix flour, baking powder and salt; add nuts and dates. Beat whites stiff and add alternately with flour. Bake in a sheet about 1 inch thick 30 minutes in moderate oven. Cut in bars and roll in powdered sugar.

COCOANUT KISSES.

Mrs. A. Thomson.

Whites of 3 eggs beaten stiff; add 1 cup granulated sugar, and beat over steam 10 minutes. Add ½ lb. cocoanut; ½ tsp. vanilla. Drop on buttered tin and bake in moderate oven till golden brown. Let stand 5 minutes before removing from pan.

COCOANUT MACAROONS.

Mrs. J. McIntosh.

To the whites of 2 eggs, beaten stiff, add ½ cup white sugar. Place over boiling water for 10 minutes, stir occasionally then add ½ lb. shredded cocoanut. Bake in hot oven until light brown.

COCOANUT MACAROONS.

Mrs. W. J. Hill.

Whites of 2 eggs; 2 small cups sugar; 2 cups cocoanut; pinch salt. Put sugar and beaten eggs in double boiler for 20 minutes. Add cocoanut and place in rocky heaps on baking tin and brown in oven.

MACAROONS.

Mrs. J. C. Black.

1 cup icing sugar; ½ lb. dates; ½ lb. almonds or walnuts; 1 beaten egg white; 2 tbs. flour; pinch baking powder. Put icing sugar in beaten egg, then fold in nuts and dates.

CORN FLAKE MACAROONS.

Mrs. W. D. Mair.

4 eggs (whites) beaten stiffly; 2 cups white sugar; 1 cup chopped nuts; 6 cups cornflakes; salt; vanilla. Beat egg whites, add sugar and beat. Then add cornflakes gradually; then nuts. Drop by tsp. on buttered tins. Bake in moderate oven.

CORNFLAKE MACAROONS.

Mrs. Mewhiney.

Whites of 2 eggs; ½ cup sugar; ½ cup cocoanut. 2 cups cornflakes; pinch of salt. Beat whites of eggs until stiff and dry, adding sugar and salt gradually and lastly the cocoanut and cornflakes. Drop from a spoon on a buttered sheet and bake in a very slow oven about 30 minutes.

CORN FLAKE MACAROONS.

Mrs. F. H. MacKenzie.

1 cup butter, 1 cup brown sugar; 2 eggs; 1 tsp. vanilla; 1½ cups flour; 2 tsp. baking powder; 4 cups cornflakes; Cream butter and sugar; add eggs well beaten and vanilla, then flour and cornflakes. Drop in spoonfuls on buttered pan and cook in quick oven.

NEVER FAIL DOUGHNUTS.

Mrs. Margaret J. McNeel.

½ cup sugar; 2 eggs; 2 tbs. butter creamed together; then add 1 cup sweet milk; 1 level tsp. of soda; 2 level tsp. of cream of tartar; ½ tsp. of salt. Sift and stir in just enough flour to knead very soft.

DOUGHNUTS.

Mrs. H. Ward.

1¼ cups sugar; 1 cup milk; 3 eggs; 1 tbs. butter; 2 tsp. baking powder; flour to make soft dough. Roll out in sheet ½ inch thick; cut into shapes and fry in boiling lard or crisco.

DOUGHNUTS.

Mrs. Mewhiney.

1 cup sugar; 1 cup sweet milk; 5 cups flour, sifted well before measuring; 4 tsp. melted butter; 2 eggs, well beaten; 4 tsp. baking powder; flavoring to suit. All measurements level.

DOUGHNUTS.

Mrs. J. A. Reid.

2 eggs; 1 cup sugar; 1 cup milk; 1 tsp. butter; 3 cups flour; 3 tsp. baking powder. Roll in small balls and fry in deep fat. Remove stone from date, place an almond in each and place in centre of each ball.

OATMEAL COOKIES.

Mrs. Norman MacMurchy.

2 cups oatmeal, 2 cups flour; 1 cup brown sugar; 1 cup butter and lard mixed; 1 tsp. soda, moisten with sour milk. Put date filling between the cookies.

OATMEAL COOKIES.

Mrs. Hugh McGillivray.

 $2\frac{1}{2}$ cups oatmeal; $2\frac{1}{2}$ cups flour; 1 cup butter or lard (a pinch of salt if lard is used); 1 cup brown sugar; 1 tsp. soda dissolved in $\frac{1}{2}$ cup luke warm water. Beat together the shortening and sugar. Add the soda dissolved in the lukewarm water. Mix oatmeal and flour and add gradually to above. Turn out on bake board, roll thin and cut in squares. If rolled oats are used it is better to rub it fine before adding the flour.

OATMEAL COOKIES.

. Mrs. W. J. Stewart.

4 cups rolled oats put through food grinder, 1 cup granulated sugar; 1 cup butter and lard mixed; 2 cups flour, 3 tsp. baking powder. Mix with ½ cup hot water. Roll thin, cut in squares and bake in a fairly hot oven.

HERMITS.

Mrs. F. M. Kennedy.

1 cup butter; 3 cups brown sugar; 4 eggs; 2 cups raisins; 2 cups currants; 1 cup chopped walnuts; 1 tsp. nutmeg; 1 tsp. cinnamon; 2 tsp. soda; 6 cups cake flour. Cream butter and add sugar gradually; add milk and eggs well beaten. Sift the soda with ½ the flour, add to the mixture, then the fruit and nuts. Mix well; sift the spices with the balance of the flour and add to the mixture. Drop by tsp. on buttered tins or in tiny gem pans and bake.

HERMITS.

Mrs. H. G. Phillips.

3 eggs, 1½ cups sugar; ½ cup milk; ½ cup melted butter; 2 tsp. cream of tartar; 1 tsp. soda; ½ cup currants; ½ cup raisins, chopped; 1 small tsp. cloves; 1 small tsp. cinnamon; 1 small tsp. nutmeg; 3 cups flour. Beat the eggs and sugar together; add milk and butter. Mix other ingredients in flour and add above, making a stiff dough. This may require slightly more or less then 3 cups of flour. Drop on buttered tin in spoonsful; bake in hot oven. 3 level tsp. baking powder may be used instead of cream of tartar and soda.

CHINESE CHEWS.

Mrs. G. H. Brown.

1 level cup sugar; ¾ cup flour; 1 tsp. baking powder; 1 cup chopped nuts; 1 cup chopped dates; 2 eggs. Beat all together. Spread thin on well buttered pan. Cook in a moderate oven. When cooked cut in small cakes and dust with powdered sugar.

ALMOND CHEWS.

Mrs. J. S. Balfour.

Whites of 4 eggs, beaten stiff; $1\frac{1}{2}$ cups (scant) icing or fruit sugar; $\frac{1}{2}$ lb. blanched almonds—cut fine; $\frac{1}{2}$ package dates—cut up. Spread on buttered tin. Stir several times while baking. After taking from oven make small rolls, rolling in powdered sugar.

SUGAR COOKIES.

Miss Amelia Cox.

Cream 1 cup shortening, ½ butter and ½ lard; 1½ cups sugar; ¼ cup milk; 2 beaten eggs; 1 tsp. flavoring, nutmeg; 2 tsp. cream of tartar; 1 tsp. soda, 1 tsp. salt, sifted in flour. Add flour to make soft dough just stiff enough to work easily. Roll out not very thin and bake in hot oven.

SUGAR COOKIES.

Mrs. W. A. Wilson.

3 eggs, 2 cups sugar; 2 cups butter; 1 tsp. soda; $\frac{1}{2}$ cup cream; flour to roll out.

BROWN SUGAR COOKIES.

Mrs. W. J. Campbell.

½ cup brown sugar; 1 egg; 1 tsp. vanilla; ½ cup butter; 1 tsp. soda; 3 cups flour (scant). Drop on buttered pan. These will flatten out.

FRUIT COOKIES.

Mrs. W. A. Smart.

1 large cup butter; 2 cups sugar; 4 eggs, 3 cups flour; 3 tsp. baking powder; 1 cup chopped raisins; little cinnamon and nutmeg. Mix very soft and bake in a quick oven.

FRUIT COOKIES.

Mrs. W. C. Swanston.

 $\frac{1}{2}$ cup butter or lard; 2 eggs; 2 cups sugar; 1 cup buttermilk; 1 tsp. each of cinnamon, nutmeg, vanilla; 1 tsp. soda dissolved in milk; 1 cup chopped raisins; $\frac{1}{2}$ cup chopped walnuts; 1 tsp. salt. Flour to make a stiff dough. Roll out and bake.

ROCK COOKIES.

Mrs. Clifton Kidd.

1 cup butter, melted; 1½ cups sugar; 3 eggs, beaten separately; 1 tsp. soda dissolved in tablespoon hot water; 1 lb. dates; 1 cup walnuts; 1 tsp. cinnamon; 1 tsp. allspice; 3 cups flour. Drop in tsp. on buttered tin and bake 10 minutes.

ROCKS.

Mrs. W. L. McGillivray.

3 eggs; 3 cups brown sugar; 1 cup butter; 1 tsp. cinnamon; ½ tsp. cloves; ½ cup sweet milk; 1 tsp. soda dissolved in hot water; ½ lb. shelled walnuts; 1 lb. chopped raisins; 1 lb. chopped dates; 4 or 5 cups flour. Drop on buttered pan and bake in moderate oven.

OAT CAKES.

Mrs. J. McCombie.

4 cups fine oatmeal; 1 small tsp. baking soda; 2 tbs. shortening; 1 large cup water. Roll out thin and cut in squares. Bake in rather hot oven from 8 to 10 minutes.

OATMEAL DROPS.

Mrs. J. S. Errington.

3 eggs; 1 cup lard and butter; 1 cup sugar; 2 cups flour; 2 cups oatmeal; 3/4 cup sour milk; 1 cup boiling water; 1 tsp. cinnamon; 1 tsp. soda; 1 cup raisins and nuts. Pinch salt.

OATMEAL DROP CAKES.

Mrs. R. W. E. Loucks.

2-3 cup butter; 1 cup sugar; 2 eggs: ½ cup milk; 2 cups rolled oats; 2 cups pastry flour; 1 tsp. baking powder; ½ tsp. salt; 1 tsp. each of cinnamon and nutmeg; 1 cup chopped and seeded raisins. Cream butter, add sugar gradually, creaming mixture well. Add eggs well beaten, then milk and rolled oats. Sift flour, measure, add salt, baking powder and cinnamon and nutmeg and sift again. Add flour mixture to the first mixture and thoroughly mix. Drop by tsp. on a greased baking pan and bake in rather a hot_oven.

OATMEAL DROP COOKIES.

Mrs. H. McGillivray.

1¼ cups sugar; 1 cup Crisco; 3 cups rolled oats; 2 eggs; ½ cup sour milk; 1 tsp. each of cinnamon and ginger; 1 cup stoned dates, chopped fine, or raisins and nuts; 1 tsp. baking soda; 2 cups flour; 1 tsp. salt; Cream Crisco and sugar thoroughly; add eggs well beaten, rolled oats, dates, salt, spices and soda dissolved in milk; then flour. Mix and drop from spoon on baking tins. Bake in moderate oven from 10 to 12 minutes. Sufficient for 50 cookies.

BROWNIES.

Mrs. A. B. Allard.

1-3 cup butter; 1-3 cup sugar; 1-3 cup molasses; 1 egg well beaten; 1 cup flour; 1 cup nuts. Cream butter and add sugar gradually; add molasses and the well beaten egg, then the flour and part of the nut meats broken in pieces. Drop in small greased tins. Set $\frac{1}{2}$ a nut on the top of each cake and bake in a moderate oven.

BROWNIES.

Mrs. E. M. Little.

2 eggs; 1 cup sugar; 2-3 cup butter; $1\frac{1}{2}$ cups flour; 1 tsp. each of cassia and allspice; 1 lb. dates cut fine; $\frac{1}{2}$ lb. rolled walnuts.

GRAHAM BROWNIES.

Mrs. Goodwin.

1 cup melted butter; 2 cups brown sugar; 2 eggs; $2\frac{1}{2}$ cups graham flour; 1 tsp. baking powder in $2\frac{1}{2}$ cups pastry flour; 1 scant tsp. soda in 2 tbs. buttermilk or sour milk. Mix in order given; roll out thin; cut in oblongs or any desired shape. When cooked put together with a filling of 1 package of stoned dates; 1 cup white sugar and a little water, cooked till soft.

NUT COOKIES.

Mrs. Robert Martin.

1 cup brown sugar; ½ cup butter; yolks of 3 eggs; grated rind of 3 lemons; ½ tsp. soda; ½ tsp. cream of tartar; 1 cup chopped walnuts; flour enough to roll out. Roll thin, cut with small cutter, put ½ walnut on each and bake in a moderate oven.

BROWN BETTIES.

Mrs. M. R. Bow.

1 cup butter; $1\frac{1}{2}$ cups sugar; 3 eggs; 1 tsp. soda; $1\frac{1}{2}$ tbs. hot water; $3\frac{1}{4}$ cups flour; $\frac{1}{2}$ tsp. salt; 1 tsp. cinnamon; 1 package dates; 1 package raisins; 1 cup nuts. Cream butter and sugar. Add the beaten eggs. Sift flour, salt and cinnamon and add with soda dissolved in water. Flour the dates, raisins and nuts. Drop in tbs. on buttered tins.

SCOTCH CAKES.

Mrs. Colin Campbell.

2 cups fine oatmeal; 1 cup hot water; lard size of a walnut; pinch of baking soda; pinch of salt. Dissolve the soda and lard in hot water, pour over the oatmeal and mix thoroughly. Roll out thin and cut in cakes and bake in a hot oven.

YUM YUMS.

Mrs. W. C. Trick.

1 egg; 1 cup sugar; ½ cup milk; 1 cup flour; 1 cup nuts; 1 lb. dates; 2 tsp. baking powder; 1 tbs. butter. Bake in one long pan, cut in pieces and roll in powdered sugar.

DROP CAKES.

Mrs. A. W. McGregor.

2 eggs; ½ cup butter; 1 cup brown sugar; 1 level tsp. soda dissolved in 3 tbs. hot water; 1 tsp. cinnamon; 2 level cups flour; 1 cup raisins, also nuts if desired. Drop with tsp. in greased pan.

MOONLIGHT KISSES.

Miss Jessie Brown.

Whites of 2 eggs, beaten stiff; sift 1 small cup granulated sugar and stir into eggs; 1 cup finely chopped nuts; 1 cup finely chopped dates; 1 tsp. vanilla; pinch salt. Mix slightly into egg. Drop by small tsp. on well buttered pan and bake in very slow oven for 15 minutes.

POP OVERS.

Miss Alice McClay.

1 egg, well beaten; 1 cup milk; 1 tsp. salt; 1 cup flour; beat well and bake for 30 minutes in 12 patty pans.

LOVE CAKES.

Mrs. Wm. Armour.

Take the weight of 2 eggs in butter, sugar, flour and cornstarch. Cream the butter and sugar. Beat the eggs and add them to the butter and sugar. Sift together the flour, cornstarch and 2 tsp. baking powder. Grate the rind of 1 lemon. Mix all together. Drop in small tsp. on a cold buttered pan and bake in a hot oven. When done stick two together with jelly between and dredge with icing sugar.

LACE CAKES.

Mrs. A. Mutch.

2 eggs, beaten separately; 1 tbs. butter; 1 cup granulated sugar; pinch of salt; ½ tsp. vanilla; 2 heaping tsp. baking powder; 2 cups rolled oats. Roll into marbles and bake in moderate oven.

HORNS OF PLENTY.

Mrs. A. Mutch.

2 tbs. powdered sugar; 1 heaping tbs. flour; 1 egg. Beat thoroughly with an egg beater until air bubbles rise all through it. Have the pan warmed and buttered. Take 1 tsp. at a time. Spread out; bake quickly. Five minutes ought to be sufficient. Carefully roll them into horns or cones. They must not be dry on the edges or they will not roll well. When cold fill with whipped cream, chocolate filling or any kind of jelly.

SURPRISE COOKIES.

Mrs. L. Beil.

¼ cup butter; ¾ cup sugar; ¼ cup sour cream; 1 egg; ¼ tsp. soda; 1 tsp. baking powder; ½ tsp. salt; 2 cups flour. Cream butter, add sugar and egg well beaten and the sour cream. Mix and sift dry ingredients and add to first mixture. Roll to a quarter of an inch in thickness and cut in small rounds. On ½ the rounds put a bit of jelly or raisin filling. Cover with remaining rounds and press edges together. Time in cooking 12 minutes; temperature 375 degrees. Recipe makes about 18 cookies.

CHOCOLATE SOUARES.

Miss Amelia Cox.

2 eggs; 1 cup sugar; ½ cup butter; ½ cup flour; 2 squares chocolate; 2 tbs. cocoa; ½ cup walnuts. Cut in squares. Bake 20 minutes in slow oven.

CHOCOLATE WALNUT WAFERS. Miss Jessie B. Christie.

½ cup butter; 1 cup sugar; 2 eggs; 2 squares chocolate; 1 cup chopped walnuts; ½ tsp. vanilla; ½ tsp. salt; 2-3 cup flour. Cream butter; add sugar gradually while beating constantly. Then add eggs, well eaten; chocolate, which has been melted over hot water, nut meats, vanilla, salt and flour. Drop from tip of spoon on buttered pan and bake 15 minutes.

ICE BOX COOKIES.

Mrs. G. W. Smith.

2 cups brown sugar; ¾ cup butter; ¾ cup lard; 3 eggs, whites beaten separately; 1 tsp. cinnamon; ¾ cup chopped nuts; 4½ cups sifted flour; 2 level tsp. soda; ¼ tsp. salt. Mix all and roll in two rolls; let stand in ice box over night. In the morning slice thin and bake in a hot oven.

MOCHA CAKES.

Mrs. Harry K. Brown.

3 eggs; ½ cup butter; 1 scant cup sugar 1 cup milk; 2 cups flour; 2 heaping tsp. baking powder; 1 tsp. almond or vanilla flavoring. Cream butter and sugar; beat yolks of eggs until thick and add. Beat well. Add milk and beat. Then sift flour and baking powder and add. Fold in whites of eggs beaten until stiff and flavoring. Bake in a large pan and cut in squares. When cold ice all over with white icing made by mixing melted butter and icing sugar; cream to soften. Roll in chopped almonds.

GOOD COOKIES.

Mrs. E. E. Sampson.

2 cups sugar; 1 cup butter; 1 cup sour milk or cream; 3 eggs; 1 tsp. soda. Mix soft, roll thin, sift granulated sugar over them and gently roll it in. Bake in medium oven.

CLIFFORD TEA COOKIES.

1 cup butter; 2 cups brown sugar; 2 eggs; 1 tsp. soda; ½ tsp. salt; 1 cup raisins; 3½ cups flour. Cream butter and sugar, add eggs. Beat well. Sift flour, soda and salt 3 times; add to first mixture. Pack in mould and leave in refrigerator over night. Turn on board and slice as thin as possible. Bake at 400 degrees.

CREAM PUFFS.

Mrs. T. L. Brown.

½ cup butter dissolved in cup of boiling water; 1 cup flour stirred in. Break in 3 eggs, one at a time, and beat well after adding each egg. Drop from tbs. on buttered tins. Bake 25 minutes in not too hot oven. Cut off tops and fill with cream well whipped.

RAGGED ROBINS.

Mrs. R. McQuarrie.

Whites of 2 eggs; beaten dry; $\frac{1}{2}$ cup sugar; $\frac{1}{2}$ tsp. vanilla; $\frac{1}{2}$ lb. dates cut; 1 cup chopped walnuts; $\frac{1}{2}$ cups corn flakes; pinch salt. Drop in spoonfuls; bake in a slow oven.

THIN RICH COOKIES.

Miss Reid.

1 cup butter; 1 cup bar sugar; 3 eggs. Beat these ingredients all together to a cream, then add just enough flour (sifted) to mix and roll out. Add any flavoring desired. Cut with cookie cutter and bake in fairly hot oven to a light brown. Keep in a closely fitting tin.

SCOTCH FANCIES.

Mrs. W. J. Stewart.

¼ cup butter; ¾ cup granulated sugar; ¼ tsp. salt; 2 cups shredded cocoanut. Cream the butter; add the sugar and 2 well beaten eggs. Next add enough oatmeal to thicken with the salt in it. Lastly add the cocoanut. Drop by spoonfuls on buttered pans and bake in slow oven 15 minutes.

FRUIT SNAPS.

Mrs. Robt. Burns.

1 cup butter; 1 tsp. soda; $1\frac{1}{2}$ cups sugar; $\frac{1}{2}$ cup molasses; 3 eggs; 1 cup each of raisins and currants; 1 tsp. each of ginger, cloves, cinnamon and allspice. Flour to roll out soft as can be cut. These will keep several months.

CHEESE CAKES.

Mrs. Wm. Ross.

Make a flaky pastry with ¼ lb. flour, 1 oz. lard, 1 oz. butter, ½ tsp. baking powder and a little cold water. Line a dozen patty pans with the pastry and put aside a little knot of pastry for each one. Beat to a cream 3 ozs. castor sugar with 2 ozs. butter. Beat well two eggs, adding a tbs. milk to them and a few drops of lemon flavoring. Mix a tsp. of baking powder with ½ lb. flour. Add the eggs and milk alternately in small quantities with the flour, beating vigorously all the time. Put a dsp. of the mixture into each patty pan, placing a knot of pastry on top of each. Bake in rather a hot oven for about 15 minutes.

JAM JAMS.

Miss Alice McClay.

2 eggs, 1 cup sugar; ½ lb. butter; ½ grated nutmeg; ½ cup sweet milk; 2 tsp. baking powder; ½ tsp. soda; flour enough to roll. Filling: ½ cup raisins or dates; ½ cup sugar. Boil and thicken slightly with flour.

CRUMPETS.

Mrs. James Grassick.

1 cup brown sugar; 1 cup chopped raisins and nuts; ½ cup butter; 1 egg; ½ tsp. soda; 2 tbs. sour milk; 1½ cups flour; ½ tsp. cinnamon and cloves. Mix together sugar, butter and eggs. Add flour, raisins and spices. Add this to the soda dissolved in sour milk. Make a stiff dough, drop with a tsp. on a buttered tin and bake.

TEA COOKIES.

Mrs. Burrill.

1 lb. butter; 1 lb. 2 ozs. sugar (white); 2 eggs; 2 tsp. soda; 4 tsp. cream of tartar; 1 gill water; 1 tsp. vanilla; nutmeg to taste; 6 cups flour. Roll very thin and bake in a quick oven. This quantity make a large number of cookies.

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ICINGS

"To pile up honey upon sugar and sugar upon honey to an interminable sweetness."

Lamb's Essays of Elia.

ICING.

Mrs. Norman MacMurchy.

2 cups sugar; ½ cup water; boil until it threads. Whites of 2 eggs well beaten; beat the whites and sugar together for about 15 minutes, then add a cup of raisins and vanilla. Put between layers for filling and on top for icing.

MARSHMALLOW ICING.

Mrs. Frank. L. Bastedo.

1 cup white sugar; ½ cup water; boil until it threads. Beat this syrup into the beaten white of 1 egg into which has been cut 5 sticks of marshmallow. Continue beating until almost cool.

MARSHMALLOW ICING.

Mrs. A. B. Allard.

Cook $1\frac{1}{2}$ cups brown sugar; $\frac{1}{4}$ cup butter; $\frac{1}{4}$ cup boiling water. Add $\frac{1}{2}$ lb. marshmallow melted in a double boiler and beat until thick enough to spread. Beat in $\frac{1}{2}$ tsp. vanilla before spreading.

SEVEN MINUTE MARSHMALLOW FROSTING. Mrs. J. McIntosh.

7/8 cup sugar; 1 egg white; 3 ths. cold waier; 12 marshmallows; 1/2 tsp. vanilla. Mix sugar, water and unbeaten egg white. Put in double boiler over rapidly boiling water and and beat with Dover egg beater 7 minutes Remove from fire, add marshmallows and vanilla. Beat with spoon until right consistency to spread.

EASY ICING.

Mrs. Lawson.

To 1 cup brown sugar add 3 tbs. cold water and white of 1 egg beaten. Put in top of double boiler, have the water in lower part boiling. Beat mixture with Dover egg beater for 8 minutes. This is soft and creamy and good also for filling.

CARAMEL ICING.

Mrs. A. C. Patterson.

1 1-3 cups brown sugar; 1-3 cup fruit sugar; ½ cup water; 2 egg whites. Boil sugar and water until it threads. Pour over beaten whites; beat until cool. Then put the beaten icing back in same pan as boiled in and set in pan of boiling water, stirring all the time. Beat until it adheres to pan. Then spread on cake.

ORANGE FROSTING.

Mrs. F. M. Crapper.

Grated rind of 1 orange; ½ tsp. lemon juice; 1 tbs. orange juice; yolk of 1 egg; confectioner's sugar. Add rind to fruit juices and let stand 15 minutes. Strain and add gradually to yolk of 1 egg slightly beaten. Stir in confectioner's sugar until of right consistency to spread.

CARAMEL FROSTING.

Mrs. F. M. Crapper.

1 1-3 cups sugar; $\frac{1}{2}$ cup butter; 2-3 cup grated maple sugar; 2-3 cup cream. Mix ingredients and boil 13 minutes. Beat until of right consistency to spread.

CHOCOLATE FUDGE FROSTING.

Mrs. F. M. Crapper.

 $1\frac{1}{2}$ tbs. butter; 1-3 cup unsweetened powdered cocoa; $1\frac{1}{4}$ cups confectioner's sugar; few grains salt; $\frac{1}{4}$ cup milk; $\frac{1}{2}$ tsp. vanilla. Melt butter, add cocoa, sugar, milk and salt. Heat to boiling point and boil until soft ball may be formed when tried in cold water. Remove from fire, cool and beat until creamy. Add vanilla and pour over cake.

ALMOND PASTE.

Mrs. Tupper.

3 baked potatoes, mash while hot. Add icing sugar, flavor with almond extract and add 1 lb. almonds blanched and ground.

ICING.

Mrs. T. J. How.

1 cup granulated sugar; 3 tbs. cold water; white of 1 egg, unbeaten. Put mixture in top of double boiler and have water in lower part boiling. Beat with Dover egg beater for 8 minutes while boiling. Spread on cake.

PICKLES and PRESERVES

"It is not everyone that can pickle well."
"What beautiful fruit! I love fruit when it is expensive!"
Pinero.

CHILI SAUCE.

Mrs. W. A. Wilson.

One peck ripe tomatoes; 4 heads celery chopped fine; 4 onions chopped fine; 3 cups vinegar; 3 cups brown sugar; ½ cup salt; ½ lb. whole mixed spice. Put spice in a bag and boil all together for two hours.

CHILI SAUCE.

Mrs. W. D. Cowan.

24 large ripe tomatoes, scald, peel and cut in dice; 5 onions; 5 green peppers, chopped fine; 5 cups brown sugar; $\frac{1}{2}$ cup salt; 1 tsp. cinnamon; 1 tsp. allspice; Cook down 1-3 and add 1 qt. vinegar.

PEPPER RELISH.

Mrs. D. M. Hackney

6 green peppers; 6 ripe peppers; 6 onions; 1 tbs. salt; 1 cup of sugar; 1 pt. of vinegar; 1 head of celery; Boil one hour.

PEPPER SAUCE.

Mrs. Robert Martin.

12 red peppers; 12 green peppers; 12 onions; 4 cups brown sugar; 2 ozs. mustard seed; 1 qt. vinegar. Put peppers and onions through mincer (take out seeds). Simmer peppers and onions and salt for 10 minutes, drain and add vinegar, sugar and mustard seed and let boil for an hour or until transparent.

RED PEPPER SAUCE.

Mrs. F. H. Mackenzie.

8 large red peppers; 2 cups granulated sugar; 1 cup vinegar. Soak peppers in cold water over night after seeds have been removed Put through grinder. Add sugar and vinegar and boil about half an hour.

TOMATO BUTTER.

Mrs. A. L. McLean.

10 lbs. ripe tomatoes; 1 pt. vinegar. Pour vinegar over and let stand over night. In the morning drain off vinegar and take 1½ cups of that juice and add 1 pt. of new vinegar. Add 3 lbs. brown sugar; 1 tbs. salt; 1 tbs. whole allspice; 1 tsp. cloves; 2 sticks of cinnamon; ½ tsp. red pepper. Boil three hours.

TOMATO BUTTER.

Mrs. Grover Peverley.

1 large basket tomatoes; 6 peaches; 6 pears; 6 onions; 1 qt. vinegar diluted; 4 cups brown sugar; 2 tbs. salt; 1 cup whole spice tied in bag. Boil slowly about 1½ hours.

CORN RELISH.

Mrs. J. M. Goth.

18 corn cobs; boil 20 minutes and remove from cob. 2 lbs. cabbage chopped fine; 1 lb. onions; 2 green peppers. Make syrup of $1\frac{1}{2}$ lbs. brown sugar; 1 tsp. turmeric; 1-3 tsp. mustard; $1\frac{1}{4}$ tsp. salt; 2 tbs. flour; $1\frac{1}{2}$ qts. vinegar. Mix all and boil 15 minutes.

CORN RELISH.

Mrs. T. J. How.

20 cobs fresh or two cans canned corn; 2 bunches celery; 3 lbs. cabbage; 2 green peppers; 3 tbs. salt; 1½ lbs. brown sugar; 1 qt. vinegar; 1 tbs. mustard. Chop cabbage and celery; put into kettle with corn and cook 20 minutes in vinegar. Dissolve mustard in a little water and add a few minutes before removing from stove. Put in sealers.

MUSTARD PICKLES.

Mrs. G. H. Disbrow.

2 qts. cucumbers; 2 qts. onions; 1 large cauliflower; 3 green peppers. Cover with boiling brine. Cover well to keep in steam. Let stand 12 hours and drain. Add 2 cups of white sugar; ½ gallon white vinegar; 1 tbs. celery seeds; ½ lb. mustard seed; 1 oz. curry powder. Chop and scald 4 heads of celery. Put all in kettle and scald. Add following paste: 2-3 cup flour and ½ lb. mustard mixed with vinegar. Stir in slowly and boil up briskly. Do not cook much.

MUSTARD PICKLES.

Mrs. J. H. Reid.

Slice 4 large cucumbers and a few onions into brine. Leave a few hours. Dressing: 1 tbs. mustard; 1 tbs. turmeric; 1 dsp. flour; 1 dsp. white pepper; mix into $1\frac{1}{2}$ cups vinegar. Put cucumbers and onions in kettle with 2 cups brown sugar and enough vinegar to cover. Stir in dressing and cook $\frac{1}{2}$ an hour. If vinegar is very strong it should be diluted with water. Seal hot.

MUSTARD PICKLES.

Mrs. Edgington.

1 qt. cucumbers; 1 qt. green tomatoes; $1\frac{1}{2}$ pts. pickling onions; 1 large cauliflower; 3 large apples; 3 red peppers. Sprinkle with salt and stand over night. Rinse and cover with dressing and bring to boil. Add 8 cups brown sugar; 3 pts. cider vinegar; 1 cup flour; $\frac{1}{4}$ oz. celery seed; $\frac{1}{4}$ oz. mustard seed; $\frac{1}{4}$ oz. turmeric; $\frac{1}{4}$ lb. mustard.

PICKLED BEETS.

Mrs. R R. Macfarlane

1 qt. beets, boiled and chopped; 1 qt. white cabbage; 1 cup horseradish chopped. 2 cups white sugar; 1 tbs. salt; cayenne; vinegar to come to top, but not to cover. Put into air tight glasses.

PICKLED BEETS.

Mrs. J. W. Spears.

Boil and skin beets; heat bottles. Fill jars with cut or whole beets; pour hot syrup over and seal. Syrup: 2 cups white wine vinegar; 1 cup sugar; 1 cup water; salt and pepper. Boil 5 minutes.

SWEET PICKLED BEETS.

Mrs. Goodwin.

Cook and peel small beets or cut large ones in quarters or rounds. Pack in sealers. Bring to boil and skim one pint vinegar (mild); 1 cup water; 2 cups white sugar. Pour over beets while hot and seal.

INDIAN SAUCE.

Mrs. D. M. Hackney.

12 ripe tomatoes; 12 apples; 4 large onions; spice to taste; 3 cups brown sugar; pinch of salt; 3 cups of vinegar. Boil one hour; do not put in vinegar until nearly done.

INDIAN RELISH.

Mrs. W. M. Shirriff.

½ peck green tomatoes; 15 onions; 6 large cucumbers; 3 red peppers; 1 cup salt; 3 qts. vinegar; 3 lbs. brown sugar; 2 tsp. turmeric; 2 tsp. black pepper; 1 tsp. celery seed; 3 tsp. ground mustard; 1 tsp. curry powder. Chop vegetables very fine, add salt and let stand over night. Drain. Add the other ingredients and cook until soft. The mustard and curry powder may be omitted, but in any case should not be added until the pickle is cold. Fill glass or stone jars and seal with wax.

CELERY PICKLES.

Mrs. R. S. Patton.

Peel and slice 24 cucumbers and 8 onions. Sprinkle with salt, let stand over night. Drain and add 2 bunches of celery cut in small pieces. 1 tbs. white pepper; 1 oz. turmeric; 1 oz. mustard; 2 cups white sugar or more if desired; 4 tbs. cornstarch. Cover with vinegar and cook ½ an hour.

CUCUMBER RELISH.

Mrs. J. H. Reid.

12 cucumbers; 5 bunches celery; 6 red peppers; 6 green peppers; 6 onions; 1½ lbs. sugar; 3 pts. cider vinegar; 2 tbs. white mustard seed; 2 tbs. celery seed. Put all through the meat chopper. Sprinkle a handful of salt over mixture and let stand over night. Pour off brine and add vinegar and spices. Do not cook.

CRANBERRY RELISH.

Mrs. M. S. McLeod

2 qts. cranberries; 1 lb. seeded raisins; $3\frac{1}{2}$ lbs. white sugar; 1 cup vinegar; juice of 2 oranges; rind of 1 orange chopped; 1 tsp. each of ginger; cloves and cinnamon. Cook all to a marmalade and put in jars. This is delicious with cold meats or fowl.

BORDEN RELISH.

Mrs. J. D. Denny

12 large cucumbers; 4 heads cabbage; 1 peck green tomatoes; 12 large onions; 3 heads celery; 2 ozs. white mustard seed; 1 oz. celery seed; ½ turmeric; ¼ lb. mustard; 2½ lbs. sugar. Chop all together and pickle well with salt and let stand over night. Squeeze and drain off the water. Put in kettle and add sufficient vinegar to nearly cover. Boil gently quarter of an hour.

TOMATO RELISH.

Mrs. Pettingell.

1 can tomatoes; $\frac{1}{2}$ tsp. salt; $\frac{1}{2}$ tsp. cassia; $\frac{1}{2}$ tsp. ground cloves; $\frac{1}{2}$ tsp. nutmeg; 2 tbs. sugar; 3 tbs. vinegar; 1 small onion minced. Cook slowly half an hour.

TOMATO RELISH.

Mrs. Mewhinev.

Chop fine: 6 sour apples; 5 onions; 15 ripe tomatoes; 3 red peppers. Then add: 2 tsp. salt; 1-3 tsp. cayenne pepper; 1 cup vinegar; $\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup sugar and boil slowly $1\frac{1}{2}$ hours.

TOMATO RELISH.

Mrs. A. Thomson.

1 gallon green tomatoes; 1 head cauliflower; 4 heads celery; 6 large onions; 4 green peppers; 7 large cucumbers; 1 oz. horse radish; 1 oz. mustard seed; 4 tbs. cinnamon; 2 tbs. flour; 2 tbs. mace; 2 tbs. white pepper; 2 tbs. turmeric; 2 lbs. brown sugar. Chop vegetables, sprinkle them with salt and let stand over night. Drain in morning. Cook in vinegar, diluted with water, till soft, then make paste and add sugar and spices. Simmer for 10 minutes.

RHUBARB RELISH.

Mrs. Cresswell.

· 1 qt. onions, cut fine; 1 qt. rhubarb cut fine; 3 cups brown sugar; 1 pt. vinegar; 1 tsp. each of cloves, cinnamon and allspice. A very little red pepper; 1 tsp. salt. Put all into kettle and boil until thick as desired.

CHUTNEY SAUCE.

Miss Kate MacGregor.

1 lb. brown sugar; 2 tbs. mustard; 1 tbs. ginger; ½ cup salt; 1 tsp. cayenne; ½ oz. turmeric; 9 large onions. Put through chopper; 10 sour apples cooked and mashed; 12 ripe tomatoes cooked and strained; 1½ qts. vinegar. Mix all and stir well. Boil till thick.

PICKLED CHERRIES (Byng).

Mrs. J. Campbell.

Wash the cherries, taking care to leave stems on. Fill jar to top with cherries. To each quart add 1 cup vinegar and 1 lb. salt. Then fill jar with cold water and seal. Turn jars upside down for several days. Then put in a cool place.

BEAN PICKLES.

Mrs. P. G. Williams.

8 qts. wax beans; $2\frac{1}{2}$ lbs. white sugar; pts. vinegar; $\frac{1}{2}$ cup mustard; 1 cup flour; 2 tbs. celery seed; 1 tbs. turmeric. Cut beans into small pieces and boil in quite salt water until soft. Make dressing as given and pour over beans. Cook until hot enough to seal and be sure to have sealers air tight.

FRUIT SAUCE.

Mrs. E. Porter.

6 large peaches; 6 large pears; 4 onions; 15 tomatoes; 1 pt. vinegar; 2 level tsp. salt; 2 cups white sugar; ½ package mixed spices. Boil slowly 2 hours.

LOVE APPLES.

Mrs. F. H. MacKenzie.

Peel 5 qts. small green tomatoes, cover with water and 1 cup of salt, let boil for 5 minutes. Drain and let stand until next day. Make syrup of 3 lbs. sugar, 1 qt. vinegar and 1 tsp. cassia. Pour over tomatoes and let stand three days. The third day heat vinegar again and pour over tomatoes after they have been placed in sterilized jars. Add a few whole cloves.

GRAPE CATSUP.

Mrs. J. D. Denny.

3 lbs. blue grapes; $1\frac{3}{4}$ lbs. sugar; $\frac{1}{2}$ pt. cider vinegar; 1 tbs. ground cinnamon; 1 tbs. cloves; 1 tbs. pepper. Stem grapes and bring to a boil, strain through a colander, add the other ingredients and boil 20 minutes.

TOMATO CATSUP.

Mrs. W. J. Stewart.

1 peck ripe tomatoes; 1 small qt. vinegar; ¼ pound salt; ¼ oz. whole white pepper; ¼ oz. allspice, cayenne pepper and mustard to taste; 1 oz. brown sugar; 6 large onions. Boil all together for 6 hours. Strain through a fine sieve and bottle ready for use.

GREEN TOMATO PICKLES.

Mrs. H. C. M. Brown.

Slice 1 peck green tomatoes; sprinkle with 1 cup salt and set aside over night. In the morning drain and boil 15 minutes in 2 qts. water and 1 qt. vinegar. Drain again Cook together 10 minutes: 1 gallon cider vinegar; 2 lbs. sugar, brown or white; 3 red pepper pods cut in strips; 1 tbs. white mustard seed, whole; 1 cup mixed spices. Add the tomato and simmer gently nearly an hour stirring occasionally. Remove spices (with the exception of the red pepper which is to be left in the pickle) which have been tied in a bag and put fruit in jars. Let the syrup completely cover the slices of tomato.

GOVERNOR SAUCE.

Mrs. Ellen McDougall.

1 peck green tomatoes; ½ peck onions; 1 head celery. Chop tomatoes and onions fine and sprinkle with salt and let stand over night. Drain and add celery and 1 qt. vinegar; 3 lbs. brown sugar; 6 red peppers, chopped fine; ½ oz. allspice; ½ oz. whole cloves. Simmer till clear and bottle hot.

GHERKIN PICKLES.

Mrs. J. A. Strang.

1 gallon small cucumbers, washed. Sprinkle 1 cup salt over them. Cover with boiling water. Cover and let stand till next morning. Drain off water. Repeat above process for 3 mornings. On fourth day drain and cover with boiling water but no salt. Let stand till next morning. Drain well in colander. Then fill bottles. Put small bag of spices to boil in vinegar. Sugar to taste. Pour boiling vinegar over cucumbers in bottles and seal while hot.

RAW PICKLE

Mrs. W. C. Swanston.

12 large green cucumbers; 4 large onions; 2 red peppers; 2 green peppers. Peel cucumber and take out seeds. Then put all through meat chopper. Let stand over night with ½ cup of salt. Next day drain and add 1 cup horse radish and 1 cup brown sugar and 2 ozs. mustard seed. Cover with vinegar and put away in jars.

SWEET CUCUMBER PICKLES.

Mrs. Gilmour.

2 qts. small cucumbers; ½ cup salt; boiling water to cover. 2 lbs. sugar; 1 pt. vinegar; 2 tbs. whole cloves; 4 inches stock cinnamon. Clean cucumbers and put in crock sprinkled with salt. Cover with the water and let stand over night. Make a syrup by boiling 5 minutes sugar, vinegar and spices. Add cucumbers and cook 10 minutes. Remove cucumbers and put in jars, pouring over them the syrup.

SPICED RHUBARB.

Mrs. Gilmour.

5 lbs rhubarb; 3½ lbs sugar; 1 pt. vinegar; 1 tbs. each of salt; cloves; cinnamon and pepper. Boil till thick.

MOTHER'S FAVORITE.

Mrs. G. H. Brown.

1 qt. cabbage, chopped fine; 1 qt. boiled beets chopped fine; 2 cups brown sugar; 1 tbs. salt; 1 tsp. pepper; 1 cup grated horse radish. Cover with cold vinegar and put in air tight bottles.

SPICED TOMATOES.

Mrs. W. C. Trick.

Peel and slice 7 lbs. ripe tomatoes; put in a granite kettle 3 lbs. brown sugar; 1 pt. vinegar; ½ tsp. cloves, ½ tsp. allspice, pepper, salt and cinnamon. Boil slowly 2 hours and stir often enough to prevent scorching. Turn into glass jars and seal.

PICKLED CHERRIES.

Mrs. L. A. Gillespie.

Wash large cherries and stem. Pack in jars. Mix sugar and vinegar to the proportion of 1 lb. sugar to 1 pt. vinegar and boil. Pour hot syrup over cherries and seal.

CHUTNEY SAUCE.

Mrs. H. Bewell.

12 lbs. ripe tomatoes; 3 lbs. apples; 3 onions; $2\frac{1}{2}$ lbs. brown sugar; 1 pt. vinegar; $\frac{1}{4}$ lb. salt and a little red pepper.

MIXED PICKLES.

Mrs. M. D. McCuaig.

2 qts. cucumbers; 1 qt. onions; 1 qt. green tomatoes; 3 green peppers; 1 large cauliflower. Cut all in pieces and soak over night in salt and water. In the morning scald in the same brine and make a dressing as follows: 2 qts. vinegar; 1½ cups of sugar; 1 cup flour moistened with vinegar; 3 tbs. prepared mustard; 2 tbs. turmeric dissolved. Pour off the brine and put on the dressing and bring to a boil. Can and seal.

TURMERIC PICKLES.

Mrs. Robt. Burns.

Soak cucumbers in cold water for a few hours. Slice without peeling enough for 4 qts. Add 12 onions; ½ cup salt, scant. Let stand a couple of hours. Do not drain. Add 1 qt. vinegar; 3 cups sugar; 2 tsp. mustard seed; 2 tsp. celery seed; 2 tsp. ginger; 1 tsp. turmeric. Boil 3 minutes.

SPICED GREEN TOMATO.

Mrs. Wm. Armour.

8 lbs. green tomatoes, small; 3 tbs. salt and enough water to cover tomatoes. Let stand over night. Drain in the morning. Add: 2-3 qt. vinegar; 1 tbs. whole cloves; ½ lb. brown sugar to 1 lb. of fruit. Let come to a boil. Drop tomatoes in and cook till tender.

CELERY SAUCE.

Mrs. W. A. Smart.

30 large tomatoes; 6 onions; 3 bunches celery; 2 red peppers; 3 sweet green peppers; 2 tbs. salt; 2 cups brown sugar; 1 tbs. mustard seed; 1 tbs. celery seed. Chop onions, celery and peppers and let stand over night. Pare and chop tomatoes. Add 4 cups vinegar and boil all 1½ hours, or until thick.

PICCILILLI.

Mrs. D. M. Hackney.

1 peck green tomatoes; 1 head cabbage; 2 stalks celery; 8 large onions; 3 red or green peppers. Chop fine and mix with 1 cup salt. Let stand over night. Drain and cook. Add: 2 qts. vinegar; 1 lb. brown sugar; spices in bag; 1 oz. mustard seed; 2 tbs. pepper; 2 tsp. cinnamon; 1 tsp. allspice; 1 tsp. cloves; 2 tbs. ginger; ¼ tsp. cayenne. Boil ½ an hour; bottle and seal.

APPLE CATSUP.

Mrs. H. R. MacKenzie.

Peel and quarter 12 tart apples. Stew till soft in as little water as possible and pass through a sieve. To 1 qt. apples add: 1 cup sugar; 1,tsp. pepper; 1 tsp. cloves; 1 tsp. mustard; 2 tsp. cinnamon; 2 medium sized onions, chopped. Stir all together and add 1 lb. salt and 1 pt. vinegar. Boil one hour and bottle while hot.

PEAR PICKLES.

Mrs. T. J. How.

Peel and quarter fruit; cook a few at a time in liquid as follows: 1 qt. vinegar; 2 lbs. brown sugar; a few whole cloves and stick cinnamon. Put in sealers. Pour hot liquid over and seal.

SLICED CUCUMBER PICKLE.

Mrs. S. Young.

Peel and slice 24 cucumbers with 8 onions. Salt for 2 hours. Pour off liquid. Add: 1 dsp. mustard, turmeric and white pepper; 1 cup sugar. Cover with vinegar, cider or malt. Cook slowly ½ hour. Bottle.

FRENCH MUSTARD.

Mrs. A. L. McLean.

8 dsp. mustard; 3 dsp. brown sugar; ½ tsp. salt; ½ tsp. red pepper; ½ cup milk. Mix together ¾ cup vinegar and ¼ cup water. When it comes to a boil add the other ingredients and stir until thick.

CHOP SUEY PICKLES.

Mrs. Ashton Burgess.

6 large peaches; 6 pears; 15 ripe tomatoes; 4 large onions; 2 large red peppers; 2 level tbs. salt; 2 cups white sugar; 1 pt. vinegar; ½ package mixed pickling spices tied in a cloth. Boil slowly two hours.

HOMEMAKER'S RELISH.

Miss Ann B. Shepphard.

7 lbs. ripe tomatoes peeled and cut without scalding; 2 lbs. celery and 7 large onions put through chopper. Stir in 1 cup salt and place in jelly bag and drain over night. Empty contents into granite pan and add 6 cups sugar and 2 cups white wine vinegar; 2 red peppers chopped fine; 3 ozs. white mustard seed. Mix and bottle. Do not cook.

CUCUMBER AND ONION PICKLE. Mrs. F. R. Mahoney.

1 basket small cucumbers; 14 onions. Peel both and slice thin. Let stand in weak brine over night. Drain and pour over the following dressing and let come to a boil and seal; 1 qt. white wine vinegar; 2 tsp. celery seed; 2 tsp. turmeric; 2 tbs. mustard; 1½ cups white sugar; 2 tbs. mustard; ½ cup flour.

BAKED BANANAS.

Mrs. Austin Bothwell.

12 bananas; 3 tbs. butter; 7 tbs. sugar; 4 tbs. lemon juice; peel the bananas and lay in a baking dish; heat the other ingredients over hot water. When melted pour over the bananas and bake thirty minutes, basting often. Serve with roast beef.

RHUBARB PICKLE.

Mrs. Welsh.

1 qt. rhubarb; 1 qt. chopped onion; 1 qt. vinegar; 1½ lbs. brown sugar; 1 small tbs. salt; 1 tsp. each ginger, allspice, cinnamon and cloves and a pinch of red pepper. Mix and boil slowly three hours.

PICKLED PEACHES.

Mrs. W. J. Wrye.

8 lbs. peaches; 4 lbs. sugar; 1 pt. vinegar; ½ oz. whole cloves 1 oz. whole cinnamon. Let sugar and vinegar come to a boil with spices tied in bag. Put in peaches and take out when clear and half fill the jars. Boil the syrup a little longer and fill the jars and seal.

WHOLE GREEN TOMATOES.

Mrs. H. W. Givins.

Peel small green tomatoes, drop in boiling brine and boil 10 minutes. Take out with fork. Have a rich syrup made of $5\frac{1}{2}$ cups vinegar to 8 cups sugar, with cinnamon stick and cloves. Pour boiling syrup over tomatoes, cover and leave for over a week in jar. Pour off syrup and boil it down thick and cover tomatoes in jars.

RIPE CUCUMBER PICKLE.

Mrs. Geo. D. Sheppard.

12 cucumbers, not too ripe; 8 large onions pared and sliced in quarter inch pieces. Sprinkle with salt and let stand for 1 hour. Drain and add: 1 tbs. mustard; ½ tbs. turmeric; 1 cup white sugar. Cover with vinegar and bring to a boil. This will make 4 qts.

SWEET RIPE CUCUMBER PICKLE.

Mrs. H. W. Givins.

Pare ripe cucumbers, take out seeds and cut in quarters lengthwise. Cover with alum water, allowing 1 dsp. alum to each qt. of water. Heat very slowly until nearly boiling, let cool gradually. Take from alum water and cover with very cold water, iced if possible. Make a syrup as follows: To every pt. of vinegar add 2 lbs. white sugar, 2 tbs. each cloves and cinnamon tied in a bag. Let syrup boil 10 minutes. Remove cucumbers from cold water to a crock and pour over syrup. Re-heat the syrup 3 or 4 mornings successively and pour over cucumbers. Keep covered with a flannel cloth and plate.

CUCUMBER PICKLE.

Mrs. E. E. Meek.

36 cucumbers peeled and sliced; 4 onions chopped; 34 cup salt. Mix thoroughly together; put in a clean cloth placed over a colander and drain over night. In the morning add: ½ cup mustard seed, white; ½ cup flour; 2 tbs. celery seed; 2 tbs. whole peppers; Mix well and pack in jars filling them only ½ full. Boil enough vinegar to fill jars and if desired add ½ cup sugar. Let cool before pouring in jars. While doing so stir with silver fork.

SPICED CRAB APPLE JELLY.

Mrs. W. J. Wrye.

1 peck crab apples; 3 qts. vinegar; 1 qt. water; 3 tbs. cinnamon, whole; 3 tbs. cloves, whole. Tie in bag and boil with the other ingredients until apples are soft. Drain through jelly bag. To each pt. of juice add 1 lb. of sugar and boil until it jells, about 30 minutes.

CRANBERRY JELLY.

Mrs. Peter Strang.

2 lbs. low bush cranberries, not too ripe; 4 large kitchen cups water; 4 cups white sugar. Bring water to boil. Put in berries and boil for 20 or 30 minutes. Crush berries with a spoon. Strain through a jelly bag. There will be 4 cups of liquid. To this add 4 cups white sugar. Bring to boil for from 5 to 10 minutes. Pour into glasses and set away to cool.

CRANBERRY JELLY.

Mrs. Ashton Burgess.

1 lb. cranberries; 1 pt. boiling water. Boil until the berries are soft and put through a colander, then add to the pulp 1 pt. sugar. Boil 5 minutes and pour into mould. Wet the mould first.

TOMATO JAM.

Mrs. Ellen McDougall.

18 ripe tomatoes; 8 apples; 4 lemons. For every pt. of fruit add 1 lb. sugar and cook 1½ hours.

TOMATO JAM.

Mrs. E. B. Gass.

(A relish for cold meat). Peel and cook 4 lbs. of tomatoes until they are tender; then add 2 lbs. of sugar; 1 pt. vinegar; 2 tbs. cinnnamon; cloves and salt and let simmer 3 hours.

PEACH CONSERVE.

Mrs. W. J. E. Adamson.

24 peaches; 6 oranges; 12 cups sugar; 1 cup walnut meats. Put oranges through mincer; add 4 cups sugar and boil 15 or 20 minutes. Peel peaches, stone and mash. Mix with balance of sugar, add to oranges and boil until thick. Add walnut meats.

PEACH CONSERVE.

Miss Jessie B. Christie.

12 peaches (mashed with potato masher); 6 oranges (cut in very small pieces); $3\frac{1}{2}$ lbs. sugar. Boil until thick, then add $\frac{1}{2}$ lb. blanched almonds, cut in pieces. Put in jars.

RHUBARB JAM

Mrs. W. C. Swanston.

4 lbs. rhubarb cut and cooked; 5 lbs. sugar; 1 lb. raisins; 1 orange and 1 lemon, put through chopper. Add this to mixture, cover and let stand one hour then boil 45 minutes.

RHUBARB JAM

Mrs. A. B. Allard.

6 lbs. rhubarb; 2 lemons; 5 lbs. sugar; 1*lb. figs or strawberries. Cut rhubarb in small pieces with skin on, mix with sugar and let stand over night. In the morning cut figs or strawberries and lemons in small pieces, add to rhubarb and sugar and cook very slowly for 4 hours.

MARMALADE.

Mrs. W. H. McEwen.

3 large oranges; 2 grape fruit; 2 lemons. Put all through the meat chopper. Add 2 cups water to each fruit, that is fourteen cups water. Let stand over night. Next morning boil 1 hour covered. Let stand another 24 hours. Measure 1½ cups sugar to each cup of the fruit. Boil 30 minutes before adding sugar and 20 minutes after adding sugar. This makes 13 pints.

ORANGE MARMALADE.

Mrs. J. W. Spears.

6 sour oranges; 2 lemons. Remove skins and slice thin. Use about ½ the orange skins, cut in narrow strips. Cover with 2 qts. water, let stand 36 hours. Boil 2 hours (water as well). Add 4 lbs. sugar and boil 1 hour longer or until jellied.

AMBER MARMALADE.

Mrs. J. F. Bryant.

Shave very thin 1 orange; 1 grapefruit and 1 lemon, rejecting only seeds and core. Measure and add 3 times as much water. Let stand in eathen dish over night. In the morning boil for 10 minutes, then let stand till next day. Measure and add sugar, pint for pint, heating the sugar before adding, and also letting mixture boil three quarters of an hour before adding sugar. Boil till it jells sufficiently.

FRUIT MARMALADE.

Mrs. Duff.

6 peaches; 6 pears; 6 oranges; 6 apples; 3 lemons. Cut oranges and lemons as for orange marmalade and cover with water. Let stand over night then boil until tender. Peel and cut peaches, pears and apples in small pieces and add to the boiled lemons and oranges. Use cup for cup of sugar and boil until tender and clear—about half an hour.

PEAR MARMALADE.

Mrs. Avery Casey.

Cut in small pices 8 lbs. pears and $\frac{1}{2}$ lb. preserved ginger; add 7 lbs. sugar. In one pint water boil 2 finely cut lemons for $\frac{3}{4}$ of an hour, or until tender. Add this to the pear mixture and boil together slowly for $1\frac{1}{2}$ or 2 hours.

PEACH MARMALADE.

Mrs. A. Macdonald.

Peel 24 peaches; cut in slices; peel 4 oranges and 3 lemons; cut pulp in small pieces and put the rind through the meat chopper. Put all together and add six cups white sugar. Let stand over night. In the morning add 2 cups water and boil 1 hour. If not thick enough add 2 more cups sugar and boil till sugar is well dissolved and bottle.

GRAPEFRUIT MARMALADE.

Mrs. J. D. Denny.

3 grapefruit; 2 oranges; 2 lemons (juice and rind); 4 qts. water; 7 lbs. sugar. Slice fruit very thin, cover with water and let it stand 48 hours. Add sugar and boil until it begins to jelly.

VEGETABLE MARROW MARMALADE. Mrs. W. J. Campbell.

Peel and remove seeds from 4 lbs. vegetable marrow; cut in cubes and let stand in 3 lbs. sugar overnight. Cook until clear. Slice 6 oranges and 3 lemons and let stand overnight in $2\frac{1}{2}$ qts. cold water. Cook until thoroughly tender. Add equal measure of sugar. Combine mixtures and cook until fairly thick. Bottle and seal.

PLUM MARMALADE.

Mrs. James Quigley.

Remove pits from 6 lbs. of plums and cut in quarters; add 6 lbs. sugar; 2 lbs. seedless raisins and 4 oranges which have been put through food chopper. Simmer for 2½ hours, adding at the end of 2 hours 1 lb. of chopped walnuts. Seal in sterilized glasses.

QUINCE HONEY.

Miss Kate MacGregor.

7 cups granulated sugar; 3 cups hot water; 8 large quinces mashed and peeled, then grated. Boil ½ an hour or until it turns a red color. Save peelings and cores of quinces and put with some good tart apples, cover with water and boil slowly 3 or 4 hours for jelly. To 6 cups of juice add 5 cups granulated sugar.

GRAPE JELLY.

Mrs. A. Mutch.

Remove stems and wash. Put in preserving kettle and mash with potato masher. Cook until seeds come away from pulp, stirring constantly. Strain fruit through jelly bag without crushing. Measure juice and add an equal quantity of heated sugar, stirring it occasionally. Allow it to boil 25 minutes. Let it stand and cover next morning.

MATRIMONY JAM.

Mrs. W. D. Craig.

2 lbs. apples; 2 lbs. pears; 2 lbs. plums; $5\frac{1}{2}$ lbs. sugar; 3 cups water. If pears are hard boil first. Boil all together until thick.

RHUBARB CONSERVE.

Mrs. W. S. Napier.

6 lbs. rhubarb; 8 lbs. sugar; let stand over night; 1 cup chopped nuts; 1 cup raisins; 1 orange; 1 lemon; simmer for three hours.

DELICIOUS PRESERVES.

Mrs. L. Bell.

Stir together 5 lbs. rhubarb; 1 lb. minced pineapple; 2 lbs. strawberries, with as much granulated sugar as you have fruit. Add 1 scant cup water to keep from burning until liquid forms. Cook half an hour and seal hot.

VEGETABLE MARROW PRESERVE. Mrs. R. R. MacFarlane.

8 lbs. vegetable marrow; 6 lbs. sugar; rind and juice of 3 lemons; ½ lb. of whole ginger or 1 handful. Cut marrow into squares. Let stand with sugar 24 hours. Put lemons through chopper, simmer four hours or until transparent.

CANDIED ORANGE PEEL.

Mrs. W. J. E. Adamson.

With sharp knife shred the skin of 3 oranges into narrow strips. Cover with cold water and cook until tender (about $1\frac{1}{2}$ hours), changing water 2 or 3 times. Drain, add weight in sugar and enough boiling water to cover. Stir till sugar is dissolved, then let boil hard until syrup is all cooked away. Watch carefully the last 2 or 3 minutes to prevent burning. Turn on a platter covered with granulated sugar and shake over it more sugar. This is nice mixed with candy.

GRAPE CONSERVE.

Miss S. Isabel McKinnon.

7 lbs. grapes; 7 lbs. sugar; ½ lb. shelled walnuts; 2 lbs. raisins stoned. Wash grapes, separate skins and pulp and remove seeds. Chop skins, raisins and nuts. Mix pulp and sugar until latter is dissolved. Add the other ingredients and cook slowly until thick. Bottle, cover with wax and put away in a cool place.

SAUCES

"Thy wit is a very bitter sweeting; it is a most sharp sauce."

Romeo and Juliet.

SAUCE TARTARE.

Mrs. W. M. Shirriff.

To $\frac{3}{4}$ cup mayonnaise dressing add 1 tbs. each of finely chopped capers, pickles, onion and parsley.

HORSERADISH SAUCE.

Mrs. G. H. Barr.

2 tbs. butter; 1 tbs. flour; ½ tsp. salt; cayenne; 1 cup milk; 2 tbs. grated horseradish; 1 tsp. vinegar; ¼ cup cream whipped. Make white sauce of first 5 ingredients, then slowly add horseradish and vinegar. Just before serving fold in whipped cream.

MUSHROOM SAUCE.

Mrs. G. H. Barr.

2 tbs. butter; 1 tbs. flour; ¼ tsp. salt; cayenne; 1 cup chicken stock; 1-3 cup mushrooms cut in pieces. Prepare first 5 ingredients as white sauce, add mushrooms, heat and serve.

HOLLANDAISE SAUCE.

Mrs. L. A. Robertson.

½ cup butter; 2 egg yolks; 1 tbs. lemon juice; ¼ tsp. salt; few grains pepper; 1-3 cup boiling water. Divide butter in three parts. Put first piece in sauce pan with egg yolks and lemon juice. Place this pan in a larger pan containing boiling water and stir with a wire whisk until butter is melted. Add second piece of butter and as it thickens, the third. Add boiling water and cook one minute and add salt and pepper.

BREAD SAUCE.

Mrs. Reginald Balfour.

1 pt. milk; 3/4 lb. of a stale loaf; 1 onion; 1 oz. butter; mace; cayenne and salt to taste. Peel and quarter the onion and simmer in milk until tender. Serve with roast turkey, fowl or game.

HARD SAUCE.

Mrs. J. A. Allan.

½ cup butter; 1 cup icing sugar; lemon juice; 1 cup whipped cream. Cream butter, add sugar and beat to a cream. Add lemon juice to taste and whipped cream.

HARD SAUCE.

Mrs. J. G. Gardiner.

2 cups icing sugar; 1 cup butter; 1 dsp. flavoring. Beat to a cream, add beaten white of 1 egg. Color 1 part Pink, one part White and one Chocolate. Pack in greased mould in small brick.

GOOD PUDDING SAUCE.

Mrs. Colin Campbell.

Butter size of an egg; 3 tbs. brown sugar; 2 tbs. flour; ½ tsp. vinegar; dash of nutmeg; dash of salt; 1 tsp. vanilla; hot water to mix. Brown the butter and sugar fairly well, then add the other ingredients taking care to stir mixture until cooked.

CARAMAEL SAUCE.

Mrs. D. M. Hackney.

3 tbs. brown sugar; 1 tbs. flour; put on stove and brown. Add $1\frac{1}{2}$ cups milk and boil. Add butter the size of an egg, 1 tsp. vanilla or lemon and a pinch of salt.

CANDY

"A wilderness of sweets."

Milton.

PEANUT BUTTER FUDGE.

Mrs. W. G. Scrimgeour.

2 cups powdered sugar; 1 cup milk; 2 heaping tbs. peanut butter. Mix ingredients and place over flame. Boil 5 minutes; beat and pour in buttered pan. Cut in squares.

PEANUT BUTTER FUDGE.

Miss Ann B. Shepphard.

3 cups white sugar; 1¼ cups milk; 2 tbs. butter; 4 tbs. peanut butter; 2 tbs. white syrup. Boil sugar, milk and syrup until it strings; remove from fire and add butter and peanut butter. Stir thoroughly, pour on buttered platter. When cool beat with spatula and when stiff spread smooth and cut.

BUTTER SCOTCH.

Mrs. J. C. Low.

1 cup brown sugar; 1 tsp. vinegar; $\frac{1}{2}$ cup water; 4 tbs. butter. Boil together sugar, water and vinegar for 10 minutes, then add butter and boil until brittle when dropped into cold water. Do not stir at all. Turn into greased pan.

BROWN BETTY FUDGE.

Mrs. J. C. Low.

2 cups sugar; ½ cup milk; 1 tbs. butter; 1 tsp. vanilla; 1 cup walnuts. Boil until soft ball forms, then beat and add walnuts and vanilla.

CREAM CANDY.

Mrs. J. C. Low.

2 cups Reindeer milk; 2 cups white sugar; 2 cups corn syrup. Stir all the time while cooking. When it forms a soft ball in cold water pour into buttered pan. Wrap in oiled paper.

PEANUT BRITTLE.

Mrs. G. H. Barr.

2 cups granulated sugar; 1 cup shelled and skinned peanuts. Butter piepans and spread the nuts on them. Heat the sugar in frying pan. Stir to keep from burning and when all melted pour over nuts.

TURKISH DELIGHT.

Mrs. G. H. Barr.

To juice and grated rind of 2 lemons add enough cold water to make 2 cups. Dissolve 1 box of Knox gelatine for a few minutes in the cold liquid; add 4 cups granulated sugar and boil 20 minutes. Strain. Add chopped nuts or candied fruit if desired. When set cut in cubes and roll in icing sugar.

HOT BUTTERSCOTCH SUNDAE.

Mrs. W. D. Mair.

Pour over ice cream the following. To 1 lb. brown sugar allow 1½ cups water and ½ cup butter. Add scant tsp. baking powder to prevent crystallizing. Let boil till golden brown then remove and serve hot.

CRACKER JACK.

Miss Cora Taylor.

½ cup golden syrup; ½ cup white sugar; ¼ cup hot water; 1 tsp. butter; pinch cream of tartar; pinch of soda dissolved in water. Heat 3 cups of puffed rice and stir into candy after it threads.

DATE CANDY.

Mrs. Featherston.

1 lb. dates; 1/4 lb. walnuts. Put through chopper, roll out, cut in squares and roll in fine granulated sugar.

CHOCOLATE FUDGE.

Mrs. James Grassick.

2 cups brown sugar; 1 cup cream; 2 squares unsweetened chocolate. Piece of butter a little larger than an egg. Melt chocolate and butter. Add cream and sugar. Cook until it forms a soft ball when tried in water. Remove from stove and beat for 10 minutes.

CHOCOLATE FUDGE.

Mrs. W. C. Trick.

3 cups sugar; 1 tbs. butter; 1 cup milk; 2 squares chocolate; vanilla flavor. Cook until it forms a soft ball in water. Then remove from fire; beat; pour in buttered pan.

OCEAN FOAM.

Miss Mearle Low.

2 egg whites; well beaten; 2 cups white sugar; ½ cup corn syrup; ½ cup water; 1 tsp. vanilla; 1 cup chopped nuts. Boil sugar, syrup and water together until crisp when dropped into cold water. Stir syrup into egg whites well beaten; add nuts and vanilla. Stir until it becomes quite hard and thick. Pour into buttered pans and cut in squares.

DIVINITY FUDGE.

Mrs. Featherston.

2 cups granulated sugar; 1 cup corn syrup; ½ cup water; whites of 2 eggs. Boil sugar, syrup and water until it forms a fairly hard ball. Add the well beaten egg whites and beat until thick. Pour into buttered pans, or drop from a spoon. Nuts may be added.

DIVINITY FUDGE.

Mrs. D. J. Champ.

½ cup corn syrup; 2 cups white sugar; ½ cup cold water; white of 1 egg; pinch of salt; ½ cup candied cherries; ½ cup walnuts. Boil syrup, sugar and water until it forms a soft ball when dropped in cold water. Add white of 1 egg beaten stiff. Beat until it thickens and add cherries and nuts.

COCOA CARAMELS.

Mrs. Lawson.

3 cups brown sugar; 3/8 cup milk; 1/4 cup butter; 1 tbs. molasses; 5 tbs. cocoa; 1/4 tsp. cinnamon; 1 tsp. vanilla; 1/2 cup chopped nuts; 1/4 cup raisins. Boil all together except vanilla until it forms a soft ball in water. Cool slightly; beat; add vanilla, nuts and raisins.

RILEY'S TOFFEE.

Mrs. Walter Eilers.

½ cup butter; 1 can Gold Seal condensed milk; 1 heaping cup sugar; 3 tbs. corn syrup. Stir for ½ an hour after mixture boils, then pour into buttered tins and cut in squares. Nuts may be added if desired.

TOFFEE.

Mrs. D. A. McNiven.

1 can Gold Seal milk; ½ cup butter; 1 cup brown sugar; 4 tbs. corn syrup. Boil for 20 minutes stirring all the time. Pour on buttered tins.

SOUR CREAM CANDY.

Mrs. J. A. Strang.

4 cups white sugar; $1\frac{1}{2}$ cups sour cream; $\frac{1}{2}$ tsp. cream of tartar. Boil together until a soft ball is formed in cold water; pour into soup plates; let cool slightly then beat until creamy. Add shredded cocoanut if desired.

HEAVENLY HASH.

Mrs. A. A. McNab.

3 cups yellow sugar; white of 1 egg; 3 tbs. water; 1 tbs. vanilla; 1 cup chopped nuts; boil sugar and water until it does not separate when dropped in cold water. Then add vanilla and pour over the well beaten white of egg and stir constantly until it thickens. Add nuts just before it thickens. Drop on a buttered dish in small spoonsful.

MADRID CONFECTION.

Mrs. F. M. Crapper.

 $\frac{1}{2}$ lb. figs; $\frac{1}{2}$ lb. dates; $\frac{1}{2}$ lb. raisins; $\frac{3}{4}$ lb. walnuts. Put through food chopper, add juice of 1 lemon; 1 orange, $\frac{1}{2}$ cup pulverized sugar and $\frac{1}{4}$ cup candied cherries cut in small pieces. Shape and roll in granulated sugar. Ginger may be added.

SEA FOAM.

Mrs. Frank L. Bastedo.

2 cups brown sugar; $\frac{1}{2}$ cup water; let boil until it gets hard when tested in cold water. Then beat it into the beaten white of 1 egg. Add 2 tsp. vanilla. Beat until cool and very stiff.

FUDGE.

Miss N. MacBeth.

2 cups white sugar; $\frac{1}{2}$ cup canned cream or Pacific milk; $\frac{1}{2}$ cup light syrup; 2 ths. butter; 2 heaping ths. Fry's cocoa. Boil to soft ball stage, test in cold water. Take from fire, add vanilla; let stand a while before beating. Drop in a handful of walnuts or raisins. It should boil for almost half an hour.

FUDGE.

Mrs. F. M. Crapper.

3 tbs. butter; 2 cups sugar; 2-3 cup milk; 2 squares chocolate; 1 tsp. vanilla. Heat sugar and milk to boiling point. Stir in chocolate until melted. When nearly done add butter. Remove from fire and add 1 tsp. vanilla. Add a few grains of cream of tartar while cooking to prevent graining. Cook slowly to soft ball stage; cool and beat. Pour on buttered plate; cut before cool.

WALNUT MAPLE CREAM.

Miss M. Quigley.

. Cook 3 cups light brown sugar with $\frac{1}{2}$ cup cream or milk until it threads. Add 2 tsp. butter and 1 tsp. vanilla. Take from fire and beat until nearly stiff. Add 1 cup broken walnuts and pour into buttered pan. When cool cut in squares.

MAPLE CREAM CANDY.

Mrs. R. W. E. Loucks.

3 cups brown sugar; 1 tsp. flour; 1 tbs. corn starch; 3/4 cup cream or milk; butter twice the size of a walnut; vanilla and nuts. Mix sugar; flour and cornstarch. Stir in cream and butter thoroughly. Boil without stirring 12 minutes. Beat briskly.

MAPLE CREAM.

Mrs. W. H. McEwen.

2 cups brown sugar; ½ cup milk; butter size of an egg; boil slowly 20 minutes, stirring often. Add vanilla and let cool slightly. Beat until creamy and pour in buttered dish to set.

BEVERAGES

"A Persian Heaven is easily made;
"Tis but black eyes—and lemonade."
Thomas Moore.

RASPBERRY VINEGAR.

Mrs. J. C. Low.

To 4 qts. of raspberries put enough vinegar to cover and let stand 24 hours. Scald and strain; add 1 lb. of sugar to 1 pt. of juice. Boil 20 minutes and bottle. For a beverage add 1 large tbs. of juice to 1 glass of water.

LEMON DRINK.

Mrs. D. A. McNiven.

2 ozs. citric acid; 1 oz. tartaric acid; $\frac{1}{2}$ oz. Epsom salts; 5 lbs. white sugar; 2 pts. boiling water; 12 lemons. Take the rind of 9 lemons and the juice of 12. Stir until all is thoroughly dissolved, then bottle. But 2 tbs. in a glass and fill with ice water.

GRAPE JUICE.

Mrs. R. Sinton.

4 qts. grapes; 1 cup sugar. Pick over, wash and remove grapes from stems. Heat slowly until the skins burst, stir constantly to prevent burning. Pour into jelly bag and allow the juice to drip from the grapes. Add sugar to juice, stir until it is dissolved and heat to boiling point. Pour into sterile bottles, cork and seal immediately.

PINEAPPLE LEMONADE.

Mrs. P. M. MacLachlan.

1 lb. sugar; $1\frac{1}{2}$ cups water; 1 pineapple; 3 lemons. Boil sugar and water until it forms a thick syrup. Pare the pineapple, remove the eyes and shred it. Squeeze juice from lemons and add to the syrup. Pour mixture over the pineapple. Set aside to cool and then add 2 cups of water and a little ice and serve. 1 can of pineapple may be used instead of the fresh fruit.

FRUIT PUNCH.

Mrs. W. R. Bell.

1 qt. of cold water; $\frac{1}{2}$ cup lemon juice; 2 cups sugar; 2 cups chopped pineapple; 1 cup orange juice. Boil the water and sugar and pineapple 20 minutes. Add the fruit juices, strain and dilute with ice water.

BOSTON CREAM.

Mrs. J. C. Low.

1 lb. sugar; 3 pts. boiling water. Stand until cool. Add 2 oz. tartaric acid; 2 tbs. essence of lemon and lastly the whites of 2 eggs well beaten.

EAST INDIA PUNCH.

Mrs. W. R. Bell.

Make a strong tea using double quantity of tea. Strain and add to each qt. of liquid the juice of 2 lemons and 1 orange; sugar to sweeten. When serving pour into punch bowl over a block of ice and add Appolinaris water, ginger ale or bottled soda water.

CHOCOLATE MILK.

Mrs. James Quigley.

1-3 cup cocoa; 2 cups sugar; 1 cup boiling water. Mix cocoa and sugar; pour on boiling water; boil 5 minutes. Cool and add 1 tbs. vanilla. Use 2 tbs. to a glass of milk.

LEMON ICE.

Mrs. J. W. Wright.

4 cups water; 34 cup lemon juice; 2 cups sugar, make a syrup by boiling sugar and water together for 5 minutes. Add lemon juice, cool, strain and let freeze or get real cold.

CHERRYADE.

Mrs. Edgar Ruggles.

10 lbs. ripe cherries; bruise and pour over them 2 qts. of boiling water. Let boil for 15 minutes. Strain the juice through a jelly bag and add 5 lbs. granulated sugar. Boil 20 minutes, skim thoroughly and bottle. To serve use 2 tbs. to a glass of water.

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